

# City of Belmont

## *Winter/ Spring 2003 Activities Guide*



NEW

### **New inside:**

Caregiver Training  
CPR/1st Aid  
Creating Jewelry  
Creative Art-Preschool, Youth, Sr.  
Fencing-Youth, Adult  
Futsal Fever - Youth  
Hapkido-Youth,Adult  
Jazz Dance -Youth  
Make a Movie  
Public Speaking-Youth  
Spring Baseball Camp  
many new Senior classes and  
Much more.....



***Wisteria in spring -  
Twin Pines Park***



***Egg Hunt***

## **Keep this guide through the end of April!**

***We create Community through People, Parks, and Programs***



We're starting something new that we hope will benefit you and serve you more effectively. We will be putting out 3 Activities Guides a year instead of 4. We will be supplementing with flyers to the schools, and other advertising. This should allow us to be more current as we add new classes, or highlight certain activities.

So, help us help you. Hold onto your Guide, watch the sign board on Ralston Avenue, call us with any questions, and look for flyers and ads for classes and new activities!

Thanks, Parks & Recreation

## Letters to Santa

Children can write a letter to Santa, send it in care of the Belmont Parks & Recreation Department, and Santa will write back to them on his special stationery!



Sent the letter to:  
Santa  
c/o Belmont Parks &  
Department  
1225 Ralston Avenue  
Belmont, CA 94002

Letters must be  
postmarked by  
December 19th  
for Santa to  
have time to  
write back!

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# CITY OF BELMONT

## BELMONT PARKS & RECREATION DEPARTMENT

### WINTER/SPRING 2003

1225 Ralston Ave.  
Belmont, California 94002

PHONE (650) 595-7441  
TDD (650) 637-2999  
Fax (650) 595-7419

<http://www.belmont.gov/>  
e-mail: [parksrec@ci.belmont.ca.us](mailto:parksrec@ci.belmont.ca.us)

#### CITY COUNCIL

Paul Wright, Mayor  
George Metropulos, Vice Mayor  
Dave Bauer, Council Member  
Dave Warden, Council Member

#### PARKS & RECREATION COMMISSION

Stephen Singer, Chairperson  
Mike Dutto, Vice Chairperson  
Rich Bortoli, Commissioner  
Erica Goodwin, Youth Commissioner  
Judy King, Commissioner  
George Kranen, Commissioner  
Walt Shjeflo, Commissioner  
Emily Shine, Youth Commissioner

#### ARTS COMMISSION

Steven Beck, Chairperson  
Colleen Mullen, Vice Chairperson  
Judi Allen, Commissioner  
Judie Davis, Commissioner  
Gary Feierbach, Commissioner  
Risa Horowitz, Commissioner  
Audrey Murray, Commissioner

#### Meetings

Senior & Community Center  
1223 Ralston Ave, Belmont

City Council - 2nd & 4th Tuesday, 7:30pm

Arts Commission - 3rd Monday, 7:00pm

Park & Recreation Commission - 1st Wed., 7:30pm

The Parks and Recreation Department would like to extend a special invitation to you, your family and friends to visit and enjoy our many fine parks and recreation facilities. Our staff provides a wide range of recreational, cultural, and community service programs to serve all age groups. This Activities Guide is published to help maximize your opportunity to plan and participate in these programs.

Belmont Parks & Recreation Department's mission is to ensure and enhance the quality of life for the Belmont Community by providing cultural, social, and recreational opportunities in the City's parks, recreational facilities, and open space.

#### CITY MANAGER

Jere Kersnar

#### PARKS & RECREATION STAFF

Karl Mittelstadt, Director of Parks & Recreation  
Vern Holte, Recreation Superintendent  
Henry Ruspil, Park Supervisor  
George Brunson, Recreation Supervisor,  
General Recreation  
Mary Doherty, Recreation Supervisor,  
General Recreation  
Cheri Handley, Recreation Supervisor,  
Senior Center  
Linda Steenman, Recreation Supervisor,  
Day Care  
Francis Mason, Facilities Coordinator  
Pietie Vreman, Senior Services Coordinator  
Grace Saggau, Administrative Assistant  
Karen Leonoudakis, Office Assistant



# Preschool & Day Care

## Our Goals:

### Programs Offered:

Our program offers child care to fit your schedule. Full-time, part-time, preschool and toddler programs are the options available. The program is designed to provide children with the opportunity to experience the satisfaction of learning and the warmth of friendship. Activities provide opportunities for growth in such areas as language, numbers, music, social skills and exploring the arts. A balance between structured activities and self-directed play is incorporated into the young child's day.

- Encourage the development of creativity
- Provide a happy learning and growing experience
- Promote a healthy self-concept
- Activities designed to meet children's needs, interests and abilities



For additional information, please call  
the Community Learning Center at  
(650)595-7448

## Preschool Program Tuition

CLASSIFICATION	AGES SERVED	DESCRIPTION	BELMONT RESIDENT	NON RESIDENT
<b>Full Day Care</b>	3-5 Years	Monday-Friday Between operation hours of 7:00am & 6:00pm	\$670.00 Monthly	\$685.00 Monthly
<b>Part Time Care</b>	3-5 Years	25 hours per week	\$555.00 Monthly	\$570.00 Monthly
Hourly Care	3-5 Years	Must be prescheduled monthly with hours approved by director	\$10.00 Hourly	\$10.00 Hourly
<b>Preschool Program</b>	3-5 Years	Monday, Wednesday, and Friday 9:00am - 11:45am	\$300.00 Monthly	\$310.00 Monthly
	3-5 Years	Or 3:00pm - 5:00pm	\$235.00 Monthly	\$245.00 Monthly
<b>Preschool Program</b>	3-5 Years	Tuesday, Thursday 9:00am - 11:45am	\$260.00 Monthly	\$270.00 Monthly
	3-5 Years	OR 3:00pm - 5:00pm	\$205.00 Monthly	\$215.00 Monthly
<b>Toddler Program Full Day Care</b>	2	Monday-Friday Between operation hours of 7:00am & 6:00pm	\$690.00 Monthly	\$705.00 Monthly
<b>Toddler Program Part Time Care</b>	2	25 hours per week Set with Director upon enrollment	\$575.00 Monthly	\$590.00 Monthly

A registration fee of \$75 per child is payable upon enrollment.  
Children withdrawn from the program for a period greater than 4 months must resubmit enrollment fee.  
A 5% discount will be given to families with two or more children.

### Location:

Barrett Community Center, Rooms 5, 8, & 9  
1835 Belburn Drive, Belmont, CA 94002

**Linda Steenman, Preschool Director**

Preschool License #410509243



# Parent /Child Enrichment 5

## Choosing Child Care (1 class)

AGE: Adult

FEE: \$12 Residents, \$17 Non-Residents

LOCATION: Child Care Coordinating Council, 2121 S. El Camino Real, Suite A-100, San Mateo 655-6770.

INSTRUCTOR: Staff

With this most critical decision, most people need help! We'll discuss type of child care best for your family, what the environment should look like, helping your child adjust, cost, what you need to know about choosing a caregiver and your rights and responsibilities. Bring questions!

2292.101 Th 7-9:00pm April 24

## Infant & Child CPR (1 class)

AGE: Adult

FEE: \$30 Residents, \$35 Non-Residents

LAB FEE: \$7 Card/Textbook fee payable to instructor

LOCATION: Lodge Room #3

INSTRUCTOR: Kirsten McLean, MBA

This Friends and Family CPR course through the American Heart Association teaches lay rescuers how to recognize and treat life-threatening emergencies. You will learn the skill of CPR and relief of foreign-body airway obstruction for infants (birth to 1 year) and children (1 -8 years).

2268.101 Th 9:30-11:30am January 23

2268.102 W 9:30-11:30am March 26

## 1st Aid for Infants and Children Fast! (1 class)

AGE: 18-over

FEE: \$30 Residents, \$36 Non-residents

LAB FEE: \$7 for materials

LOCATION: Lodge Room #3

INSTRUCTOR: Kirsten McLean, MBA

**This course teaches** first aid methods and techniques set out by the Emergency Cardiac Care Committee of the American Heart Association. Topics discussed include Action in Emergencies, Resuscitation, Convulsions, Fainting, Breathing Difficulties, Wounds and Bleeding, Burns and Scalds, Poisoning, Head Injuries, Back and Neck Injuries, Bone, Joint and Muscle Injuries, Foreign Bodies, Bites and Stings, Effects of Heat and Cold, Fever and Sickness, Aches and Pains, and Bandages and Dressings.

2267.101 W 9:30am - 11:30am February 19

2267.102 T 9:30am - 11:30am April 8

## Art Exploration (4 Classes)

NEW

AGE: 2-4 years with parent

FEE: \$72 Residents, \$87 Non-residents

LAB FEE: \$25 paid to instructor first class, covers all materials used.

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Jackson Robertson

An opportunity for your child to find inspiration through arts and crafts. Classes will include finger painting, brush-work, pens, stickers and other basic artistic mediums. I also plan to incorporate music to encourage them to find their rhythm while learning to share, socialize and create.

0019.101	T	11:30-1:00pm	1/7 - 1/28
0019.102	T	11:30-1:00pm	2/4 - 2/25
0019.103	T	11:30-1:00pm	3/4 - 3/25
0019.104	T	11:30-1:00pm	4/1 - 4/22



## Music Together (10 classes)

AGE: infant- 4 years, with Parents or Grandparents

With a paid sibling, infants under 8 months come free.

FEE: \$120 Residents, \$144 Non-residents

LAB FEE: \$35 payable to instructor - covers a CD, tape and songbook to use at home.

LOCATION: Barrett Community Center Annex

INSTRUCTOR: Gwendolyn Boger

As children are kinesthetic learners, Music Together is a movement-oriented approach to music that develops every child's opportunity for basic music competence by hands-on experience rather than learning information. Experience new songs, movement activities and instrumental jam sessions in this fun new class for the whole family. Taught by a certified instructor with Early Childhood experience as well as music skills.

0017.101	Th	10 - 10:45am	1/16 - 3/20
0017.102	Th	11 - 11:45am	1/16 - 3/20
0017.103	Th	10 - 10:45am	4/10 - 6/12
0017.104	Th	11 - 11:45am	4/10 - 6/12

We're hoping to add another section of this soon! Call!

# 6 Pre-school/Youth Classes



## Birthday parties?

Are you looking for a place to hold a child's birthday party? Well look no further! The Belmont Recreation Dept has a place for you. The Barrett Community Center is a unique and inexpensive place to have a memorable celebration for the special event in your child's life. You may choose room B, C, D or multiple rooms, with lawn area and playground equipment adjacent. We supply the tables and chairs, you provide the fun! Contact Francis Mason at (650) 637-2927.

## Art brings Science to life!

### Coral Reefs and Rainbow Fish (1 class)

AGE: 4-8 years,

FEE: \$37 Residents, \$43 Non-residents

LAB FEE: \$5 payable to instructor

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Peter Koehler

Create your own coral garden as you squish squash paint on a large posterboard. Create painted creatures from South Seas paradise to live in your reef. As you paint, learn about delicate natural parks under the sea, and splendid creatures inhabiting them.

0018.101 T 4:00-6:00pm March 25

### Soaring through your Solar System (1 class)

AGE: 4-8 years,

FEE: \$37 Residents, \$43 Non-residents

LAB FEE: \$10 payable to instructor.

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Peter Koehler

Soar to the moons of Jupiter and the clouds of Venus, then explore the canyons of Mars. Children will express their creativity through this art focused hands on creation of their own imaginery planets. Please wear clothes that can get messy and bring a box to take home your solar system.

0018.102 T 4:00-6:00pm April 1

## Gymnastics - Co-ed (8 Classes)

FEE: \$75 Residents, \$90 Non-residents

LOCATION: San Mateo Gymnastic Club 1306 Elmer St., Belmont (1 Blk E. of Old County off Ralston)

INSTRUCTOR: Staff of San Mateo Gymnastic Club

### AGE: 3-5 years

A program that encourages the development of gross motor skills, confidence, strength, coordination, and personal awareness in the pre-school child through basic gymnastic skills and exercise. Students will use tumbling, bars, beam and vaulting.

0014.101	Th	11:00-11:45am	1/16 - 3/6
0014.102	F	9:00-9:45am	1/17 - 3/7
0014.103	Th	11:00-11:45am	3/14 - 5/2
0014.104	F	9:00-9:45am	3/15 - 5/3

## Parent & Me Ice Skate (7 Classes)

AGE: 2-5 years

FEE: \$74 Residents, \$88 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Iceland staff

NEW

Now you can learn to skate with your little one, have quality time and get exercise together. Children have a blast learning to skate with Mom or Dad, and you have fun too! Fee includes skate rental, skating time and lesson.

0022.101	W	10-10:30am	1/8 - 2/19
0022.102	Sat	12 - 12:30pm	1/4 - 2/15
0022.103	W	10 - 10:30am	2/26 - 4/9
0022.104	Sat	12 - 12:30pm	2/22 - 4/5



## Pre-Ballet (13 Classes)

AGE: 4-5 years **Note New time!**

FEE: \$96 Residents, \$106 Non-residents

LOCATION: Barrett Community Center Multi Use

INSTRUCTOR: Leslie Marx, BFA Dance, ECE

Pre-ballet is an introduction to ballet. The basic positions and elementary steps will be taught. Movement, games, and imagination will be incorporated into the class. Listening skills, following directions, and grace are learned within this context. The primary goal is for each child to experience the joy of movement and music. Dancewear and ballet shoes are advised. Parents and friends are invited to the final demonstration class.

0028.101 Th 2:40 - 3:20pm 1/9 - 4/3

## Creative Arts (4 Classes)



AGE: 5-7 years

FEE: \$72 Residents, \$87 Non-residents

LAB FEE: \$25 paid to instructor first class, covers all materials used.

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Jackson Robertson

Many children grow academically and socially with a positive artistic influence. Art helps children build confidence and express themselves in a variety of ways. Listen to music and find your rhythm with brushwork, splash art, decorate ceramic pots and plant flowers. A way to get young people excited about the art world and concept of gift giving in the process.

1163.101	T	2:30 - 4:00pm	1/7 - 1/28
1163.102	T	2:30 - 4:00pm	2/4 - 2/25
1163.103	T	2:30 - 4:00pm	3/4 - 3/25
1163.104	T	2:30 - 4:00pm	4/1 - 4/22

## Introduction to Karate / Kung Fu (5 Classes)

AGE: 4-12 years

FEE: \$100 Residents, \$120 Non-residents

Fee includes uniform and manual-given at studio.

LOCATION: United Studios of Self Defense, 2043 Ralston Ave. (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

Boys and girls will develop good self-defense skills, greater self control, confidence, respect for others, stronger physical ability, and sharper mental discipline, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training will enroll at the studio. (No Class 1/20, 2/17)

1117.101	M	4:30-5:15pm	1/6 - 2/3
1117.102	M	4:30-5:15pm	2/10 - 3/17
1117.103	M	4:30-5:15pm	3/24 - 4/21
1117.104	W	4:30-5:15pm	1/8 - 2/5
1117.105	W	4:30-5:15pm	2/12 - 3/19
1117.106	W	4:30-5:15pm	3/26 - 4/23
1117.107	Th	5-5:45pm	1/9 - 2/6
1117.108	Th	5-5:45pm	2/13 - 3/20
1117.109	Th	5-5:45pm	3/27 - 4/24

## Parent/Child Rock Climbing (1 Class)

AGE: 5yrs -13yrs

FEE: \$40 Residents, \$48 Non-residents

LOCATION: Belmont Planet Granite

INSTRUCTOR: Planet Granite staff

Come learn to rock climb with your child! This one hour program teaches parents the safety skills your child will need to climb at Planet Granite. It includes kid's day pass and rentals for return visit. Registration covers one child and adult; parent or legal guardian must attend first class with minor in order to sign release paperwork.

1124.101	Sat	10-11am	February 8
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## Rock Climbing (5 Classes)

AGE: 6-8 or 9-13 years

FEE: \$108 Residents, \$128 Non-residents

LOCATION: Belmont Planet Granite

INSTRUCTOR: Planet Granite staff

Like fish to water! Parents know what natural climbers kids are, so we offer a 5 session program which introduced them to this great sport. Classes are designed so participants climb with children of their own age. Planet Granite T shirt is included. Parent/guardian must attend the first class with minor in order to sign release paperwork. Ratio - 6 youth to 1 instructor.

1125.101 - 6-8yrs	T	4-5:30pm	1/21 - 2/18
1125.102- 9-13yrs	Th	4-5:30pm	1/23 - 2/20

## Basic Ballet (13 Classes)

AGE: 6-12 years

FEE: \$96 Residents, \$106 Non-residents

LOCATION: Barrett Community Center, Room A

INSTRUCTOR: Leslie Marx, BFA Dance, ECE

This class will consist of "floor exercises" to warm and align the body; a ballet 'barre' to practice the basic steps and movements across the floor. The emphasis will be on the joy of movement and music with a positive encouraging approach. Dancewear and ballet shoes are advised. Parents and friends are invited to the final demonstration and see a simple dance performed.

1118.101	Th	3:30 - 4:20pm	1/9 - 4/3
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## Beginning Fencing (6 Classes)

AGE: 8-12 years

FEE: \$65 Residents, \$78 Non-residents

LAB FEE: \$5 for equipment

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Eric Dew, competitive fencer, instructor, nationally rated fencing official.

Our beginning class will emphasize fun activities to introduce fencing. All students will use equipment and compete in friendly sparring with goals being fitness, overall understanding of the sport and preparation for local competition if desired. Instructor will provide, jacket, mask, glove, necessary equipment.

2210.101	W	3:45 -4:45pm	1/15 - 2/19
2210.102	W	3:45-4:45pm	2/26 - 4/2
2210.103	W	3:45-4:45pm	4/23 - 5/28





## TaeKwonDo/Hapkido (4 weeks)

AGE: 7-14 years

FEE: \$85 Residents, \$95 Non-residents

LOCATION: Peninsula Gymnastics, 1740 Leslie St., San Mateo. 341-4736

INSTRUCTOR: Mike Agoff, 6th degree Black belt

TaeKwonDo is known for its powerful hand strikes, blocks and dynamic kicks. Students will learn self-defense skills while improving coordination, flexibility and strength. They will then progress to Hapkido, known for its advanced self-defense skills including throwing, joint locks, pressure points, ground defense and others. Students may train up to 3 days per week.

1167.101	M W F	5:15 - 6:00pm	1/13 - 2/3
1167.102	M W F	5:15 - 6:00pm	2/10 - 3/3
1167.103	M W F	5:15 - 6:00pm	3/10 - 3/31
1167.104	M W F	5:15 - 6:00pm	4/7 - 4/28

## Introduction to Ice Hockey (7 Classes)

AGE: 5-14 years

FEE: \$74 Residents, \$88 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Staff of Belmont Iceland



Without frozen ponds and rivers, you can still have a blast learning this fun and exciting sport! Come and learn the fundamentals of hockey skating. The class focuses on skating and stick control with a puck. No protective gear is necessary, but you may want to purchase a stick for maximum participation.

1120.101	Sat	12:00-12:30pm	1/4 - 2/15
1120.102	Sat	12:00-12:30pm	2/22 - 4/5

## Cartooning (3 Classes)

AGE: 7-14 years

FEE: \$35 Residents, \$42 Non-residents

LAB FEE: \$5 for paper, markers, acrylics etc., payable to the instructor at first class

LOCATION: Barrett Community Center

INSTRUCTOR: Joanne Muller

Wonder how cartoons are made? We will teach you how to draw cartoons of people and animals. We will also learn how artists create animation for the movies and TV. Each child will make a cel and create his/her own cartoon character. Returning students will make their own comic books and more advanced techniques of cartooning and animation.

1159.101	Sat	10am - noon	2/1 - 2/15
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## Ice Skating (7 Classes)

AGE: 5-14 years

FEE: \$74 Residents, \$88 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Eastbay Iceland Skating School

Learn to skate with the professional staff at Belmont Iceland in a fun and safe environment; gain a lifelong hobby! Skaters are separated by age, and encouraged to learn basic techniques of skating. Start now!

Ages 5-14

1119.101	Th	6:45-7:15pm	1/2 - 2/13
1119.102	Sat	12-12:30pm	1/4 - 2/15
1119.103	Th	6:45-7:15pm	2/20 - 4/3
1119.104	Sat	12-12:30pm	2/22 - 4/5

## Jazz Dance (8 classes)

AGE: 8-12 years,

FEE: \$64 Residents, \$76 Non-residents

LOCATION: Barrett Comm. Ctr., Room A

INSTRUCTOR: Teri Nash, Certified Dance Masters Association Instructor.



Come dance to your favorite music! Join this beginning jazz class and learn basic jazz steps. We will learn a dance routine that will be performed on the last day of class for family and friends. Dancewear and jazz shoes are recommended for this class. (No class on 2/28, 4/18)

1121.101	F	3:45 - 4:45pm	1/17 - 3/14
1121.102	F	3:45 - 4:45pm	3/21 - 5/16

## Make a Movie for Kids (6 classes)

AGE: 8-14 years,

FEE: \$95 Residents, \$105 Non-residents

LOCATION: Twin Pines Lodge

INSTRUCTOR: Shelley Frost, author, videographer



Have you ever wanted to star in a movie, or create your own stories? Now you can! We'll choose our script, cast our characters, plan our costumes, make up and props. Then we'll rehearse action sequences and dialogue. Next comes "Quiet on the set....action!" When the movie is shot, the director will say "That's a wrap!" Invite your friends and family to the Red Carpet Premier, enjoy some popcorn and see yourself on the big screen.

1180.101	T & Th	3:30-5pm	1/7 & 1/9-1/21 & 1/23
1180.102	T & Th	3:30-5pm	2/11 & 2/13 - 2/25 & 2/27
1180.103	T & Th	3:30-5pm	3/11 & 3/13-3/25 & 3/27



## Mike Roza Spring Break Baseball Camp (1 week)

AGE: 8-13 years,

FEE: \$195 Residents, \$234 Non-residents

LOCATION: To be announced

INSTRUCTOR: Mike Roza, and other top coaches.

NEW

Back by popular demand from our Summer Camp! Designed for beginners or experienced players, we will be using a small group format by age and ability. Learn offensive and defensive drills, also the fundamentals of infield, outfield pitching, hitting, sliding and running the bases. All participants will receive camp T shirt and prizes. The last day we'll have a Skills contest, including a Home Run Derby. Bring lunch each day, tennis shoes, cleats, water, bat, glove and hat.

4415.101 M-F 9am - 3pm 4/14 - 4/18



## Futsal Fever (11 classes)

AGE: Under 8, 10, 12, 14 years

FEE: \$95 Residents, \$118 Non-residents

LOCATION: Ralston Middle School Multi/Gym

INSTRUCTOR: Tony Igwe

NEW

Futsal is a high-action brand of soccer played on a gymnasium floor. Only 10 players including both goalies are on the floor at a given time, only 5 players per side. Every player touches the ball often, you can't hide. The object is to keep control and keep the ball low, it can't go above the chest level. Youth will visibly improve their soccer skill, touch and dribbling by playing futsal. No off-the-wall or throw-ins are allowed, Rules will be furnished before the league starts. Only tennis shoes allowed.

**Please indicate child's age group on registration form.**

4420.101 W 5-9pm 1/15 - 3/26  
4420.102 Sun 10am-4pm 1/19 - 3/30

## Youth Public Speaking (4 Classes)

FEE: \$72 Residents, \$87 Non-residents

LAB FEE: \$5 paid to instructor first class,

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Jackson Robertson

NEW

### Ages 10-14

Become skilled in the basics of public speaking and get prepared for world outside of school. Increase your self confidence and become a leader!

1164.101	W	3:30 - 4:30pm	1/8 - 1/29
1164.102	W	3:30 - 4:30pm	2/5 - 2/26
1164.103	W	3:30 - 4:30pm	3/5 - 3/26
1164.104	W	3:30 - 4:30pm	4/2 - 4/23

### Ages 15 - 18

Today's leaders are tomorrow's success stories! Weekly classes include prepared and impromptu speeches, learning to speak with confidence in front of a group, basic interview skills and ideas to build your resume for college and beyond. Create your own success story!

1166.101	W	4:30-5:30pm	1/8 - 1/29
1165.102	W	4:30-5:30pm	2/5 - 2/26
1166.103	W	4:30-5:30pm	3/5 - 3/26
1166.104	W	4:30-5:30pm	4/2 - 4/23

## Overnights

NEW

Are you or your group looking for a place to have a sleepover or slumber party? Belmont Recreation has a place for you. The Lodge, newly renovated, or Cottage with its charm are perfect for your party. Both facilities have a complete kitchen and TV/VCR available for your use. Please call Francis Mason for availability and rates at (650) 637-2927.

## Teen Resource Drop-In Center

Middle school youth looking for fun after school such as air hockey, basketball, ping pong, pool, video games, foosball, music, cable TV or just hanging out with friends, Check out Barrett Community Center, Room E (the "Blue Room"). Call Parks & Recreation for more information at 650-595-7441.

FREE

## Winter Vacation Camp

Happy Holidays! Come and join your friends as our Winter Vacation Camp staff takes you through two sessions of fun! Our camp is packed with many exciting Holiday events including: arts and crafts, baking, and many games. The only requirement is that your child must be between 4-11 years of age. Bring a bag lunch each day. Located at The Lodge in Twin Pines.

**Session I - \$68 Res., \$82 Non-Res.**

**DEC. 23,24,26,27 - 10am - 4pm**



4410.101 4-5 yrs  
4410.102 6-8 yrs  
4410.103 9-11 yrs

**Session II - \$68 Res., \$82 Non-Res.**

**DEC. 30, 31, JAN. 2,3 - 10am-4pm**

4410.104 4-5 yrs  
4410.105 6-8 yrs  
4410.106 9-11 yrs



### Extended Camp

This extension of camp is designed for working parents who need additional program hours or kids that just want to keep having fun!

**Session I - DEC. 23, 24, 26, 27**

4411.101 8-10am - \$30

4411.102 4-6pm - 24

(No extended pm care on Dec. 24th)

**\$24 AM or PM Session II- DEC. 30,31,Jan 2,3**

4411.103 8-10am - \$30

4411.104 4-6pm - \$24

(No extended pm care on Dec. 31st)

## Ralston Sports

The Ralston Middle School Program is an after school sports program that competes with other mid-peninsula Middle schools. Registration flyers will be available through Ralston Middle School. Call Ralston Athletics at (650) 637-4880 for more information on their Boys and Girls Basketball for winter; and tennis, boys & girls soccer, track & field for spring.

## Spring Vacation Camp

This spring vacation recreation program will offer a variety of fun activities including arts & crafts, cooking, music, dance, movies, sports & songs. Campers will be with our own experienced camp staff.

Ages 4-11, held at Twin Park Lodge. **April 14 - 18th**

### Day rate

**FEE:** \$98- Resident, \$103-Non-resident

Mon-Fri, 10am - 4pm	4400.101	4-5Yrs
Mon-Fri, 10am - 4pm	4400.102	6-8Yrs
Mon -Fri, 10am - 4pm	4400.103	9-11Yrs

### Extended Care

**\$30 AM Session or**

**\$24 PM Session**

4401.103 Monday - Friday 8-10am

4401.104 Monday - Thursday 4-6pm

(No pm. extended April 18th)

# Fun events for the kids and family!

11

## Parent's Night Out



Saturday, February 8  
6:00-10:00pm  
Twin Pines Lodge

For children ages 5 to 10 years old  
\$18 per child - Code number: 1192.101  
The Belmont Parks and Recreation Department is sponsoring a pre-Valentine's Day, "Parent's Night Out". You can drop your child off with us and we will feed and entertain them. Cost includes pizza, juice, dessert, arts & crafts, a movie, and lots of fun! Event will be staffed by our experienced Park & Recreation camp counselors.

## Umpires needed!

**Umpires (Adults) are needed nearly year round for adult slowpitch softball, and for youth fastpitch. Good pay, fun times, make a difference in a life! Contact Carl Mitchell (650) 872-2245**

## Summer Job Opportunities

This year why not go for money and a rewarding experience! Join us at Belmont Parks & Recreation Dept. to have an impact on a child's life. Different age groups and types of work experiences offered. Job applications available in early April 2003.

Watch for flyers in the schools, and information in our next brochure coming out in mid April, about Summer programs, Young Explorers and Day Camp!

## EGG ADVENTURE HUNT

in Twin Pines Park

Saturday, April 19, 2003

9:00am SHARP!

Ages: 3-10 years

Bring your basket, camera and keep your eyes open for the Bunny! **FREE!**



# 12 Youth / Adult Tennis

## **\*\*Note New Location\*\***

LOCATION: Carlmont High School Court #6 or #7  
INSTRUCTOR: Stanford's Whitlinger Tennis Staff

FEE: 1/18 - 1/22 - 6 classes - Winter  
\$42 Resident, \$50 Non-resident

4/5 - 5/24 - 8 classes - Spring  
\$56 Resident, \$68 Non-residents

## Tennis classes

Winter classes are 6 hours of instruction; Spring classes are 8 hours of instruction for classes of four to eight students.

Classes of three will be converted into 6 hours; classes of 2 will be converted into 4 hours. Each student provides their own racket.

## Adult Lessons (Age 15+)

### Novice:

2256.101	Sat	10-11am	1/18 - 2/22
2256.102	Sat	10-11am	4/5 - 5/24

### Low Intermediate:

2257.101	Sat	9-10am	1/18 - 2/22
2257.102	Sat	9-10am	4/5 - 5/24

## Youth Lessons (Age: 9-14 years)

### Novice:

1122.101	Sat	11am - noon	1/18 - 2/22
1122.102	Sat	11am - noon	4/5 - 5/24

### Low Intermediate:

1123.101	Sat	2-3pm	1/18 - 2/22
1123.102	Sat	2-3pm	4/5 - 5/24

## Terrific Tiny Tennis (AGE: 5-8 years)

Same location, and fees as above

Children five to eight years old play FUN activities and games that enhance their hand-eye coordination, motor skills, and knowledge of general tennis concepts. Lessons also provide a success-oriented social environment that may encourage children to continue in the lifetime sport of tennis. Groups of only 3-6 students.

0024.101	Sat	1:15 - 2:00pm	1/18 - 2/22
0024.102	Sat	1:15 - 2:00pm	4/5 - 5/24

## Tennis Rain/Cancellation Policy

In case of rain, check with the instructor at the court. NO POSTPONEMENT ANNOUNCEMENT WILL BE GIVEN OVER THE PHONE. If at anytime the instructor is absent, report to the next scheduled lesson for makeup date. Unless notified otherwise, any makeup(s) will be held on the next available normal meeting day following the session. However, Sundays may be used at the instructor's discretion. Note: If the earlier class is postponed due to rain, all the following classes may also be postponed that day even if the courts become dry.



## Individual Tennis Lessons

Work on your skills one on one with individualized lessons based on your needs., run at Alexander Park. All ages welcome, beginners to advanced. \$50 per hour. 2257.103, \$135 for 3 one-hour lessons #2257.104. To arrange a lesson, please call Parks & Recreation at (650) 595-7441.





## ADULT SPORTS LEAGUES



### Men's Basketball - New location, new dates !

Ralston Middle School NEW gymnasium,  
2675 Ralston Ave, Belmont

Men's D League - play Tuesday nights,  
starting Tuesday, February 10th

Men's C League - play Thursday nights  
starting Thursday, February 12th

Game times: 7:00, 8:00, 9:00pm

Fees : \$660 per team for 10 games plus playoffs.

Packets will be available early December.



### Men's, and Coed Softball leagues

Information will be available late January for  
leagues starting April 7th. Leagues will be:

Monday - Men's C4, Tuesday-Coed, Wednesday -  
Men's Corporate (unrated), Thursday - Men's C3,  
Friday - Men's D. Games will be 6:45pm, 7:45pm,  
and 8:45pm at the Belmont Sports Complex.

**Call us to have a packet mailed to  
you - (650)595-7441.**

## Beginning Golf (5 Classes)

AGE: 14-over

FEE: \$57.50 Residents, \$71 Non-residents

LAB FEE: \$13 Green Fee for last class

LOCATION: Emerald Hills Golf Course - 366-4760

INSTRUCTION: Emerald Hills Golf Pro

Learn and practice golf in a fun and easy way with positive results. The goal is to gain the confidence to play a short course and have the knowledge and feel of all swings. Classes meet weekly. Four one-hour golf classes and one nine hole playing class. For those with little or no golf course experience. All equipment provided. First class held rain or shine. OTHER TIMES AND DAYS AVAILABLE. A \$13 green fee payable for the play class only. Call (650) 366-4760 for additional information.

2246.101	Sat	10:15 - 11:15 am	1/11 - 2/8
2246.102	Sat	10:15 - 11:15am	2/22 - 3/22
2246.103	Th	9-10:00am	4/3 - 5/1
2246.104	Th	5:30-6:30pm	4/3 - 5/1
2246.105	Sat	10:30-11:30am	4/5 - 5/3
2246.201	Th	9-10:00 am	5/8 - 6/5
2246.202	Th	5:30-6:30pm	5/8 - 6/5
2246.203	Sat	10:30-11:30am	5/10 - 6/7



## Swing Improvement (5 Classes)

AGE: 14-over

FEE: \$57.50 Residents, \$71 Non-residents

LAB FEE: \$13 Green Fee for last class

LOCATION: Emerald Hills Golf Course - 366-4760

INSTRUCTION: Emerald Hills Golf Pro

Learn how simple, fun and easy it can be to improve you game. A swing routine (swing ritual) is learned and repeated to aid the golfer whether practicing or playing. The U.F.O. of Understand, Feel and Over-do is applied to putting, chipping/pitching and full swings. Classes meet weekly. Four one-hour group lessons and one nine hole playing class, for those with some golf course experience. First class held rain or shine. OTHER TIMES AND DAYS AVAILABLE. A \$13 green fee payable for the play class only. Call (650) 366-4760 for additional information.

2247.101	Sat	9-10:00am	1/11 - 2/8
2247.102	Sat	9-10:00am	2/22 - 3/22
2247.103	Th	10:15 - 11:15 am	4/3 - 5/1
2247.104	Th	6:45 - 7:45pm	4/3 - 5/1
2247.105	Sat	11:45am - 12:45pm	4/5 - 5/3
2247.201	Th	10:15 - 11:15 am	5/8 - 6/5
2247.202	Th	6:45 - 7:45pm	5/8 - 6/5
2247.203	Sat	11:45am - 12:45pm	5/10 - 6/7

## Ballroom Dancing (7 Classes)

AGE: 16-over

FEE: \$60 Residents, \$72 Non-residents (per couple)

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Cres & Rosie Cole

Join the New Student Class and learn the basics of the Samba, Rhumba, Cha Cha, Waltz, Foxtrot, Swing and Tango PLUS simple variations. Cres & Rosie are so sure that they can teach you, they guarantee you will receive your diploma on the last night (providing you attend at least half the session). The Intermediate Class is a continuation of instruction from the previous class with the addition of NEW and advanced steps and styling in the ballroom dances. New intermediate steps are taught in every series. Both classes are for COUPLES only. Registration fee is per couple.

### New Student:

2211.101	T	7:30-8:25pm	1/14 - 2/25
2211.102	T	7:30-8:25pm	4/22 - 6/3

### Intermediate:

2211.103	T	8:30-9:25pm	1/14 - 2/25
2211.104	T	8:30-9:25pm	4/22 - 6/3

## Intermediate Continuing Line Dancing

AGE: 18-over

DROP-IN FEE: \$7 per session

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: John Bowen & Gina Mello

Not like it used to be! Dance to a variety of music – oldies, Latin, Country and other popular music. Tons of fun, great exercise and no partner required. Line dance experience required. (No class 1/20, 1/27, 2/17)

2200.101	M	6:30-8:30pm	1/6 - 5/5
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## Social Dance Survival (2 Classes)

Age: 16-over

Fee: \$22 Residents, \$26 Non-residents

LOCATION: Barrett Community Center, Multi-use Room

INSTRUCTOR: Lisa King

Got a wedding or a gathering where there'll be dancing? This is to help you feel confident and at ease dancing to any tempo, for those with little or no partner dance experience! Learn slow dancing to today's Top 40 ballads, ending with a sexy dip! In just two hours, you'll be dancing to slow and fast music, give it a try!

2213.108	W	6:45 - 7:45pm	1/8 - 1/15
2213.109	W	6:45 - 7:45pm	2/5 - 2/12
2213.110	W	6:45 - 7:45pm	3/5 - 3/12

## Clogging (6 Classes)

AGE: 16-over

FEE: \$52 Residents, \$60 Non-residents

LOCATION: Barrett Community Center, Room A

INSTRUCTOR: Lisa King

Clogging is solo Appalachian Mountain dancing derived from traditional Irish and Scottish folk dances. Join us for hearty aerobic fun with pop, country-western, and big band sounds! No experience or partner necessary!

2212.101	W	5:30-6:30pm	1/8 - 2/12
2212.102	W	5:30-6:30pm	2/19 - 3/26
2212.103	W	5:30-6:30pm	4/2 - 5/7



## Swing & Jitterbug (6 Classes)

AGE: 18-over

FEE: \$52 Residents, \$60 Non-residents

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Lisa King

Sometimes called the East Coast swing, or jitterbug, In recent years Dance to swing, big band, 50's/Motown, rockabilly, and cajun music. No dance experience or partner is necessary.

2213.101	W	7:45-8:45pm	1/8 - 2/12
2213.102	W	7:45-8:45pm	2/19 - 3/26
2213.103	W	7:45-8:45pm	4/2 - 5/7

## Salsa (6 Classes)

Age: 16-over

Fee: \$52 Residents, \$60 Non-residents

LOCATION: Barrett Community Center, Multi-use Room

INSTRUCTOR: Lisa King

Explode onto the dance floor to the beat of red-hot music from south of the border! Latin dances will sharpen your sense of rhythm, timing, and muscular control. We'll also touch on cumbia, meringue and cha-cha. Wear comfortable, hard soled shoes. No dance experience or partner necessary.

2213.104	W	8:45-9:45pm	1/8 - 2/12
2213.105	W	8:45-9:45pm	2/19 - 3/26
2213.106	W	8:45-9:45pm	4/2 - 5/7

Register for all our classes through the Parks & Recreation 1225 Ralston Ave, 595-7441

# Adult Dance Classes

# 15

## Beginning Tap Dance (6 Classes)

AGE: 16-over

FEE: \$30 Residents, \$36 Non-residents

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Chrissy Holmes

Tap your blues away! Tap is back! Find out how fun and easy it is to learn. If you can walk, you can tap. The basic steps will be taught followed by a dance routine. Wear comfortable clothes. Tap shoes are required after first class.

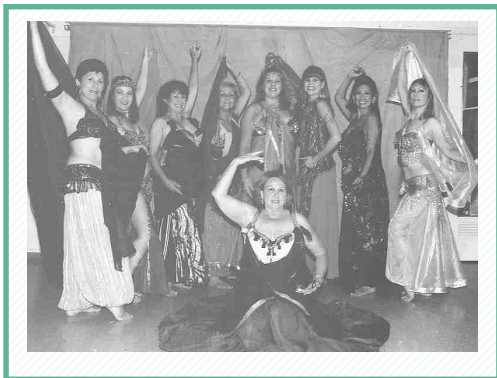
2203.101	T	6:00-7:00pm	1/7 - 2/11
2203.102	T	6:00-7:00pm	2/18 - 3/25
2203.103	T	6:00-7:00pm	4/1 - 5/6

## Intermediate Tap Dance - Room A

Tap your blues away! Intermediate Tap is for those students with prior tap class experience. This class is a continuation of the Beginning Class.

2204.101	T	7:00-8:00pm	1/7 - 2/11
2204.102	T	7:00-8:00pm	2/18 - 3/25
2204.103	T	7:00-8:00pm	4/1 - 5/6

**Special Needs** - Our tap instructor is seeking special needs children for a new tap/movement class, one or two students to a class- call us to get on an interest list!



Call us for other Belly Dance workshop opportunities not listed here - (650) 595-7441.

## Beg Belly Dancing -Torso Trim (9 weeks) (Middle Eastern Dance)

AGE: 16-over

FEE: \$71 Residents, \$86 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Nadia Behbehani

Join us in the fun of belly dance. This class will be flirtatious and put a twinkle in your eye (and his). You will learn the basics of belly dance, and the beauty of the veil dance. It is designed to create grace in movement and condition muscles, and will increase feminine confidence. A bonus is getting rid of the holiday weight; we will flatten stomachs, tone and trim while dancing. You'll learn how to isolate muscle groups, arm/hand movements, and stomach control to create a beginning level dance. A full skirt or loose pants should be worn to the 1st class. Costume info will be available in class.

2206.101	T	7-8pm	1/7 - 3/4
2206.102	T	7-8pm	3/11 - 5/6

## Intermediate Middle Eastern Dance (9 Weeks)

AGE: 16-over

FEE: \$71 Residents, \$86 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Nadia Behbehani

Prerequisite: Beginning Belly Dance II or prior training. You will learn variations of combinations and all basics necessary to feel like a beautiful dancer with new steps and attitude. An emphasis will be on turns, twirling, hip work, arms/hands and transitions. You'll learn shimmies, undulations, posture and poise, blending all these in a cabaret routine. Belly dance skirts and coin, fringed belts are recommended.

2206.103	T	6-7:00pm	1/7 - 3/4
2206.104	T	6-7:00pm	3/11 - 5/6

## Advanced Middle Eastern Dance (9 Weeks)

AGE: 16-over

FEE: \$71 Residents, \$86 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Nadia Behbehani

Prerequisite: Beginning Belly Dance II or prior training. In this class, there will be lots of new steps, and more variations. You will be perfecting your dance technique, learning to dance with props and double veils. Some floor work will be covered, emphasis will be on choreographed cabaret routines for performance as well as performance protocol. Finger cymbal instruction will begin the 4th week. Some American tribal may be included.

2206.105	T	8-9:00pm	1/7 - 3/4
2206.106	T	8-9:00pm	3/11 - 5/6

NEW

## Pilates-based Mat Class (6 Classes)

AGE: 18-over

FEE: \$60 Residents, \$70 Non-residents

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Joann Lindsey

This class is based on the original teachings of Pilates. Each of the 25-30 exercises experienced in this class will have a prescribed placement, rhythm and breathing pattern that emphasizes strengthening the "core", the deep abdominal and back muscles. Movements originate from the core outward making these unique and beneficial workout for overall body toning and strengthening. Elastic therabands are provided to assist with flexibility, strength, and control. The instructor, Joann Lindsey, is a certified Pilates Trainer with over 20 years experience as a fitness professional. The class is fun with controlled exercises that are suited for most adult age groups and fitness levels. Please bring floor mat and towel and water bottle. (No class 1/20, 2/17)

2216.101	M	6:00-7:00pm	1/13 - 3/3
2216.102	M	6:00-7:00pm	3/31 - 5/5

## Jazzercise

AGE: All Ages!

FEE: \$65 for six weeks, EZ Fitness Ticket \$36 per month  
Other tickets also available.

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Tami McCann

A fun way to exercise for all ages and fitness levels. Every class features energetic dance routines with choreography to build a better body. Jazzercise makes exercise FUN! A great way to make friends. You may start anytime! REGISTRATIONS ARE TAKEN AT CLASS!\*\*\*ONGOING.

Monday and Wednesday, 9:00-10:00am,  
Fridays 8:30-9:30am.

## Beginning Ice Skating (7 Classes)

AGE: 14-adult

FEE: \$74 Residents, \$88 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Eastbay Iceland Skating School

Try a new way to keep or get in shape; picture yourself skating around the rink at Belmont Iceland. You will learn to skate in this class, designed with the beginner in mind. Come join our experienced staff, why wait to have fun and get exercise, while learning a new skill!

2252.101	Th	6:45-7:15pm	1/2 - 2/13
2252.102	Sat	12:00-12:30am	1/4 - 2/15
2252.103	Th	6:45-7:15pm	2/20 - 4/3
2252.104	Sat	12:00-12:30am	2/22 - 4/5

## Beginning & Intermediate Tai Chi Chuan (8 Classes)

AGE: 18-over

FEE: \$66 Residents, \$81 Non-residents

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Elliotte Mao & Chi-Ping Peng

Tai Chi Chuan is an ancient oriental exercise that has reached enormous popularity due to its gentle, but powerful ways to build a healthier body, and a sharper mind. Through a sequence of graceful and thoughtfully choreographed moves, this unique Father/daughter teaching team will show you how to bring coordination, balance, stress-reduction, calmness and many other benefits to your life. Wear loose, comfortable clothing.

2233.101- Beg.	Th	7:00-7:45pm	1/9 - 2/27
2233.102-Inter.	Th	7:45 - 8:30pm	1/9 - 2/27

2233.103- Beg.	Th	7:00-7:45pm	3/6 - 4/24
2233.104-Inter.	Th	7:45 - 8:30pm	3/6 - 4/24



## F-I-R-M Body Sculpting Workshops (1 Class)

AGE: 16-over

FEE: \$155 Residents, \$170 Non-residents

LOCATION: Private studio

INSTRUCTOR: Shari Gower, Dave Mennicci



Are you tired of not getting results from your exercise program? F-I-R-M strength training will get you looking good, looking leaner and improving your overall health and fitness level. These private sessions teach you the ABC's of fitness and how to maximize your workout through the F-I-R-M strength training techniques. You will look and feel better than ever before. Limited to two people per class.

2245.101	Sat	1-3:00pm	January 19
2245.102	Sat	1-3:00pm	February 16
2245.103	Sat	1-3:00pm	March 23
2245.104	Sat	1-3:00pm	April 20



NEW

## Beginning Fencing (6 Classes)

AGE: 14 + years

FEE: \$65 Residents, \$78 Non-residents

LAB FEE: \$5 for equipment

LOCATION: Barrett Community Center, Room B

INSTRUCTOR: Eric Dew, competitive fencer, instructor, nationally rated fencing official.

Beginning class will emphasize fitness and flexibility in the process of introducing fencing. All students will use equipment and compete in friendly sparring with goals being fitness, overall understanding of the sport and preparation for local competition if desired. Instructor will provide weapon, jacket, mask, glove.

2239.101	W	7-8 pm	1/15 - 2/19
2239.102	W	7-8pm	2/26 - 4/2
2239.103	W	7-8pm	4/23 - 5/28



## Introduction to Karate & Kung Fu (5 Classes)

AGE: 18-over

FEE: \$100 Residents, \$120 Non-residents

Fee includes uniform and manual

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

Adults will develop good self-defense skills, greater confidence, better physical condition, sharper mental discipline ability, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training may register at Studio. (No class 1/20 & 2/17)

2358.101	M	6:30-7:15pm	1/6 - 2/3
2358.102	M	6:30-7:15pm	2/10 - 3/17
2358.103	M	6:30-7:15pm	3/24 - 4/21
2358.104	Th	6:30-7:15pm	1/9 - 2/6
2358.105	Th	6:30-7:15pm	2/13 - 3/20
2358.106	Th	6:30-7:15pm	3/27 - 4/24

## Cardio Kickboxing Aerobics (5 Classes)

AGE: 18-over

FEE: \$60 Residents, \$76 Non-residents

Fee includes uniform and manual

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

If you're a beginner or already in shape, and want to learn some basic fundamentals in kicking and punching, this is for you. Also for the athlete who needs a strong workout while learning self defense. Please wear comfortable clothing.

2259.101	M	10-10:45am	1/6 - 2/3
2259.102	M	10-10:45am	2/10 - 3/17
2259.103	M	10-10:45am	3/24 - 4/21
2259.104	M	8:15-9:00pm	1/6 - 2/3
2259.105	M	8:15-9:00pm	2/10 - 3/17
2259.106	M	8:15-9:00pm	3/24 - 4/21
2259.107	T	8:15-9:00pm	1/7 - 2/4
2259.108	T	8:15-9:00pm	2/11 - 3/18
2259.109	T	8:15-9:00pm	3/25 - 4/22
2259.110	W	10-10:45am	1/8 - 2/5
2259.111	W	10-10:45am	2/12 - 3/19
2259.112	W	10-10:45am	3/26 - 4/23
2259.113	Th	8:15-9:00pm	1/9 - 2/6
2259.114	Th	8:15-9:00pm	2/13 - 3/20
2259.115	Th	8:15-9:00pm	3/27 - 4/24

## Hapkido (4 Weeks)

AGE: 13 + years

FEE: \$85 Residents, \$95 Non-residents

LOCATION: Peninsula Gymnastics, 1740 Leslie St., San Mateo. 341-4736

INSTRUCTOR: Mike Agoff

Hapkido is complete martial art consisting of kicks, punches, throws, joint locks, pressure point techniques, ground defense and more. Hapkido uses the best, most effective techniques from the other Martial Arts refining them into a fluid form of it's own. Students will learn self-defense while improving coordination, flexibility, and strength; self confidence, discipline and concentration. Students may train up to 3 days per week.

2238.101	M W F	7:45 - 8:30pm	1/13 - 2/3
2238.102	M W F	7:45 - 8:30pm	2/10 - 3/3
2238.103	M W F	7:45 - 8:30pm	3/10 - 3/31
2238.104	M W F	7:45 - 8:30pm	4/7 - 4/28

NEW

## Rock Climbing Beginning Lesson (1 class)

AGE: 14 yrs & up-If under 18, parent must attend with minor to sign release paperwork.

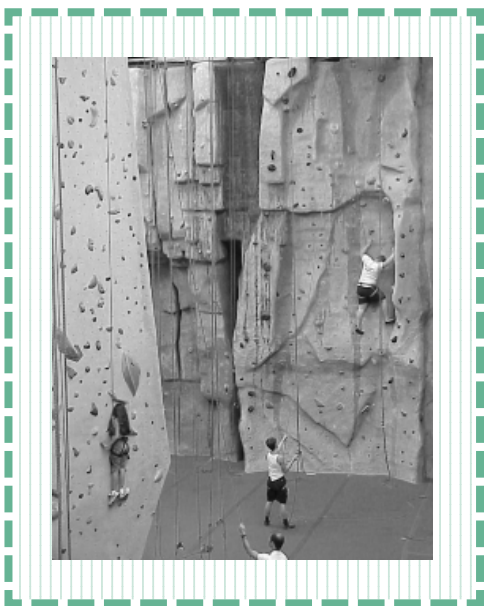
FEE: \$54 Res., \$64 Non-res.

LOCATION: Belmont Planet Granite

INSTRUCTOR: Planet Granite staff

Try one of today's most exciting, challenging and rewarding sports! Learn the basics of rock climbing and rope technique in a one hour introductory class, then spend the day climbing the walls! Fee includes a one day pass, and rental for a return visit. Good even for one person; there's a listing of people in the gym to climb with!

2225.101 M 7:30-8:30pm February 3



## Fun Part Time Jobs (1 Class)

AGE: 18-over

FEE: \$25 Residents, \$30 Non-residents

LOCATION: San Carlos Senior Center, 601 Chestnut St.

INSTRUCTOR: Dan Tilles

How would you like to get paid to sample food, for your opinions, to dine out, to shop, to go bowling, to workout in a gym, to be in a movie or on T.V. and much more? No age limit, no education or experience required. We will tell you who hires, how to apply, what they pay and everything you need to know to make money having fun.

2283.101 Th 7:00-9:30pm January 16

## Home Buying: Smart, Savvy & Successful (3 Classes)

AGE: 18-over

FEE: \$50 Residents, \$60 Non-residents

LOCATION: San Carlos Senior Center, 601 Chestnut St.

OPTIONAL WORKBOOK: \$15

INSTRUCTOR: Raymond Stoklosa

Volatile market forces are at work, which demand a more savvy approach to home buying. Learn success strategies and tactics that give you a competitive advantage over other less informed buyers. Let us show you how to spend less time, save more, invest wisely and avoid the ever-present pitfalls that can crash your purchase. Capitalize on the expertise and insights presented, and use today's market forces in your favor..not the seller's. Use your power, the knowledge you'll gain here by learning insider secrets.

2289.101 T 7:00-9:00pm 2/4 - 2/18

## Home Loans Don't Have To Be A Hassle (1 Class)

AGE: 18-over

FEE: \$19 Residents, \$23 Non-residents

LOCATION: Twin Pines Cottage

INSTRUCTOR: Rich Polonsky

A MUST FOR FIRST TIME HOME BUYERS! This course gives you the tools you need to understand the home loan process, a detailed evaluation of different financing options and loan products with respect to purchases and refinances, and insight into the industry's lingo and terminology so you can make the right choice with respect to the biggest financial decision you will probably ever make! Knowledge is power!

2277.101 Th 7:30-9:30pm Feb. 6  
2277.102 Th 7:30-9:30pm Apr. 24

## Calligraphy (8 Classes)

AGE: 18 years & up

FEE: \$50 Residents, \$60 Non-residents

LAB FEE: \$6 for pens, paper, pads, payable to the instructor at first class

LOCATION: San Carlos Senior Center

INSTRUCTOR: Joanne Muller

Calligraphy is the art of beautiful handwriting. We will learn the Roman Italic alphabet and start by learning how to hold the pen. We'll move to basic strokes, then learn the lowercase alphabet with two sets of Italic Capitals. Need gift tags or stationery for a wedding or party? This is where you'll learn to how to do paste up for invitations.

1161.101 Th 7:30 - 9:30pm 1/23 - 3/13

## Beginning Dog Obedience Training (7 Classes)

AGE: 18-Over, Or with Instructor approval of child,  
Dogs age 6 months or older.  
FEE: \$73 Residents, \$88 Non-res. (includes clicker)  
LOCATION: Twin Pines Park Meadow  
INSTRUCTOR: Reena S. Walton, CPDT

FIRST CLASS , Tues. March 18th ,IS AN ORIENTATION WITHOUT THE DOGS PRESENT. All dogs must have current vaccinations, DHLPP and Rabies to participate. Please bring proof of vaccinations to first class.

Lessons will include the exercises- sit, down, walk on loose leash, come when called, stand, off, and wait. Positive reinforcement methods are used with food and the Clicker. Clicker training is used to train service dogs and is a proven safe, gentle, hands off method of training. Problem solving discussions will be held on the subjects of pack leadership, barking, digging, biting, jumping up, housebreaking, chewing and more.

Dogs should be brought to class hungry, do not feed dinner prior to class on Tuesday evenings. Dogs must have a 6-foot leather or cotton leash, and a buckle collar, lead harness or metal training collar. (Please, no chain leashes).

2299.101 T 6:00-7:00 pm 3/18 - 4/29



## Intermediate Dog Obedience Training (7 Classes)

AGE: 18-Over, Or with Instructor approval of child,  
Dogs age 6 months or older.  
FEE: \$73 Residents, \$88 Non-res. (includes clicker)  
LOCATION: Twin Pines Park Meadow  
INSTRUCTOR: Reena S. Walton, CPDT

First class is orientation without dog present. Bring proof of current vaccination to first class. The method of training used is "Clicker training" using a clicker and food reinforcement. Dogs must have completed a beginning class, and know the basic commands; and handlers should be familiar with Clicker training. This class will continue basic commands and introduce distraction training and hand signals, and long line/off leash training.

Handlers should bring a large amount of dog treats to classes. (ex. 1 cup for small dog, 2 cups for lg dog- chicken, liver cheese, hot dogs, lunchmeat etc.) Please bring your dog hungry to class- don't feed prior. Dogs must have a flat collar, head halter, chain collar and a 6ft leather or cotton web leash and long line 10-20 feet long. (No chain leashes, please).

2299.102 T 7:00-8:00 pm 3/18 - 4/29



## Caregiver Training (4 classes)

AGE: 18-over  
FEE: \$120 Residents, \$142 Non-resident  
LAB FEE: \$25 for Training Manual  
LOCATION: Lodge #3  
INSTRUCTOR: Barbara Garrod, CMA, CNA

Learn a new profession that is one of the fastest growing in the United States. If you are a responsible, compassionate and self motivated person, this may be for you. This is a complete course in becoming a home health aide/caregiver. You can earn \$15 - \$20 per hour, make your own days and hours, and save your clients money as well. We'll cover questions on the State Certification Exam. You'd pay approximately \$1000 for an equivalent course. You'll take home a complete reference manual.

(No class 2/17)

2270.103 Mon 6:30-8:30pm 2/3 - 3/3

## Helping Mom & Dad Age with Grace (1 Class)

AGE: Adult  
FEE: \$35 Residents, \$42 Non-resident  
LOCATION: Twin Pines Lodge #3  
INSTRUCTOR: Barbara Garrod, CMA, CNA



This class will be a great help to anyone caring for their parents. Information and handouts are comprehensive and will serve as a practical resource to older folks as well as Baby Boomers caregivers. We will cover everything from finding reliable care, homecare vs nursing homes, hospice options and many more. Bring your questions.

2270.101 T 7-9:30pm January 14

## Truffles For Gift Giving (1 Class)

AGE: 14-over  
FEE: \$26 Residents, \$31 Non-residents  
LAB FEE: \$7 payable to instructor at class  
LOCATION: Twin Pines Park Cottage  
INSTRUCTOR: Roberta Thorne

Treat your loved ones to some delicious chocolate truffles for Valentine's Day, or birthdays or surprise your co-workers with a handmade delight. Learn to make elegant chocolate truffles and take some home with gift-giving suggestions. You will receive information on working with chocolates, make truffles using molds, roll ganache (the heart of truffles) in a multitude of coatings. You will also get great presentation and gift giving suggestions. Be sure to bring an apron to class!

2310.101 M 9:30am-12:30pm 1/13

NEW

**CPR & First Aid (2 Classes)**

AGE: 13-over

FEE: \$40 Residents, \$48 Non-residents

LOCATION: South County Fire Station #13,  
525 Laurel St., San Carlos

INSTRUCTOR: South County Fire Authority Staff

In the first half of the course, learn the theory of CPR (Cardio-Pulmonary Resuscitation) and the Manipulative skills to apply CPR to infants, children and adults. Basic First Aid is covered in the second part of class. Learn how to assess a patient and apply proper treatment. Learn the skills needed to control bleeding, treat fractures, move an injured patient and treat burns, eye injuries, seizures and strokes. Course Completion Cards are awarded upon successful completion of a manipulative test. This course meets guidelines set forth by the Journal of the American Assn. and meets requirements established by OSHA for the training designed for first aid providers. The course DOES NOT meet the CPR requirement for Health Care Providers.

2261.101	Th	6-10:00pm	1/9 & 1/16
2261.102	W	6-10:00pm	2/26 & 3/5
2261.103	T	6-10:00pm	4/15 & 4/22
2261.201	M	6-10:00pm	6/2 & 6/9



NEW

**Owner/Builder Workshop (1 Class)**

AGE: 18 -over

FEE: FREE

LOCATION: Belmont City Hall, Suite 303A

INSTRUCTOR: Joseph Cyr, CBO

A must for any homeowner who is thinking about performing the duties of an owner/builder on their residential project in the City of Belmont. A brief history of the Uniform Codes will be presented followed by a presentation on the pros and cons of being an owner/builder. Tips on hiring a contractor will be provided. There will be a question and answer session at the end of the meeting. Owner/builders are encouraged to bring their specific questions regarding their projects to the owner/builder workshop.

2278.101	W	12noon - 2pm	April 9
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**Belmont Library**

1110 Alameda  
(650)591-8286  
www.belmontlibrary.org

**Hours:** Monday-Wednesday 10:00am-9:00pm  
Thursday & Friday 10:00am-6:00pm  
Sat. 10:00am-5:00pm, Sun. 1-5:00pm

**Library Programs:**

Story programs at Belmont Library:

**Baby Storytime**

(4-18 months old): Wednesdays at 10:00am

**Toddler Storytime**

(18 months-3 years): Wednesdays at 11:00am

**Preschool Storytime**

(3-5 years): Mondays at 11:00am

**JANUARY**

8th - 7:15pm - Book Discussion Group will be discussing "The Blessing Way" by Tony Hillerman.

11th - 2pm - Take an adventure to the library to celebrate magic school bus stories. Ages 5+.

28th - 7pm - Celebrate the Chinese New Year with a special storytime. Ages 4+.

**FEBRUARY**

12th - 7:15pm - Book Discussion Group will be discussing "Cane River" by Lalita Tademy.

**MARCH**

18th - 7pm - Learn a little about the Dewey decimal system and play bingo at the same time! Ages 5+.

12th - 7:15pm - Book Discussion Group talks about "He, She, and It" by Marge Piercy.

**APRIL**

9th - 7:15pm - Book Discussion Group will talk about "Two Gentlemen of Verona" by William Shakespeare.

**Book Discussion Group meets at Belmont Library.**

For additional special events or more details,  
please call the Belmont Library



## Hatha Yoga (10 Classes)

AGE: 16-over

FEE: \$70 Residents, \$84 Non-residents

LOCATION: Twin Pines Lodge #1

INSTRUCTOR: Cheryl Cooper

Yoga is the exercise for everyone regardless of age or physical ability. The class is designed to help release tension, stress, and untie those knots with special emphasis placed on relaxation through breath control. Expect to firm and strengthen your body and improve contours. Bring a mat and wear comfortable clothing. (No Class Mondays - 1/20, 2/17, 5/26)

2242.102	M	7:00-8:25pm	1/6 - 3/10
2242.103	T	7:00-8:25pm	1/7 - 3/11
2242.104	W	7:00-8:25pm	1/8 - 3/12
2242.105	Th	7:00-8:25pm	1/9 - 3/13
2242.106	M	7:00-8:25pm	3/31 - 6/2
2242.107	T	7:00-8:25pm	4/1 - 6/3
2242.108	W	7:00-8:25pm	4/2 - 6/4
2242.109	Th	7:00-8:25pm	4/3 - 6/5

## Wake Up with Yoga (10 Classes)

AGE: 16-over

FEE: \$70 Residents, \$84 Non-residents

LOCATION: Fri: Twin Pines Lodge

Sat: Barrett Community Center, Room D

INSTRUCTOR: Cheryl Cooper

Yoga breathing, yoga stretches and yoga postures is still the main emphasis of this class but with something new! Class will include light hand weights used for a portion of the class done slowly and thoughtfully to gain upper body strength and help to ward off osteoporosis in later life.

2242.110	F	10:00-11:30am	1/10 - 3/14
2242.111	Sat	9:30-11:00am	1/11 - 3/15
2242.112	F	10:00-11:30am	4/4 - 6/6
2242.113	Sat	9:30-11:00am	4/5 - 6/7

## Awareness Through Movement (Feldenkrais Method) (8 Classes)

AGE: 16-over

FEE: \$66 Residents, \$79 Non-residents

LOCATION: Burton Park Kiwanis Building, San Carlos

INSTRUCTOR: Beth Sidlow

Workplace stress? Repetitive stress injury? Need to feel more comfortable at your computer? Discover the power of awareness in helping you to feel more comfortable, reduce pain and add pleasure to every aspect of life. Developed by judo expert and physicist Dr. Moshe Feldenkrais, this method will help you feel better in many ways. Please bring mat, towel, loose clothing to class.

2243.101	W	5:45-6:45pm	1/15 - 3/5
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## Feng Shui - Creating a Harmonious Environment, Part I (1 Class)

AGE: 18-over

FEE: \$27 Res., \$33.50 Non-res. (each part)

LAB FEE: 50¢ payable to instructor at class

LOCATION: Barrett Community Center, Room D

INSTRUCTOR: Lynda Mathe

At your home or at your business, are you comfortable? Is your environment a source of well-being and renewed energy? Learn how to transform your surroundings using the wisdom of Feng Shui. Feng Shui is now considered an essential part of successful home and business management. Practical and pragmatic, Feng Shui is a system that balances and enhances your surroundings through placement of art color, furniture and other elements. Bring a notebook, pen and a floor plan of your house, apartment, or business.

2237.106	W	7:30-9:30pm	March 19
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## Feng Shui - Part II (1 class)

Part two builds up the five elemental energies and Ying/Yang principles applied to daily life. Topics also include how to remedy negative environmental factors plus the connection between geopathic stress lines and diseases.

2237.107	W	7:30-9:30pm	March 26
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## Partner Massage (4 Classes)

AGE: 18-over

FEE: (Price is per couple) \$105 Res., \$120 Non-res.

LAB FEE: \$10 payable to instructor at first class for supplies

LOCATION: Barrett Community Center, Room B

INSTRUCTION: Nancy Hill, C.M.T.

Receive one massage have a good day-learn to exchange massage with a partner and have a better life! We'll also be working on communication skills that enhance any relationship. This class will teach basic techniques, positioning and body mechanics that will make massage a pleasure for both. (Keep in mind that you will be working on the floor.) You will learn to reduce stress with simple relaxation exercises, and improve your mood with an introduction to aroma therapy. Each individual should wear comfortable clothing, bring a pillow and a large towel, and have clean feet for first class!

2232.101	W	6:30-8:30pm	2/5 - 2/26
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## Piano Instantly for People with No Spare Time (1 Class)

AGE: 18-over

FEE: \$44 Res., \$50 Non-res.; \$69 for both workshops

LAB FEE: \$25 per student, includes study book and 60 minute cassette

LOCATION: Foster City Community Center, 650 Shell Blvd.

INSTRUCTOR: Todd Walker

Discover why thousands of students from total beginners to those with years of lessons have learned to play the piano in just one day. Traditional instructors teach endless exercises and note reading but professionals who play contemporary music use chords. In this workshop you will learn 72 chords, 156 hand positions and how to read music from a lead sheet and fake books. You will learn how to play any popular song in any key and the tools of the trade that will make you sound like a pro. Then you will be able to master your technique by using an exclusive audio cassette and study book. This class also prepares you for taking the other "Piano Magic" workshops. If you can read the notes C, D, E, F, G, A, B you already know enough to enroll. If not, send a SASE to Piano Magic, P.O. Box 4306, Valley Village, CA 91617 for a free pamphlet.

2272.101 M 7:00-10:00p March 3



## Learn To Play Blues & Boogie-Woogie Piano (1 Class)

AGE: 18-over

FEE: \$44 Residents, \$50 Non-residents; both workshops for \$69.

LAB FEE: \$25 per student, for study book and cassette, payable to instructor at first class.

LOCATION: Foster City Comm. Center, 650 Shell Blvd.

INSTRUCTOR: Todd Walker

Get ready to jam! Have you always wanted to improvise at the piano? Jazz, Rock n' roll, Gospel and even Country Western music all have their roots planted in the Blues. In this workshop, we'll teach you the Blues scale, the form of the Blues, shuffle rhythms, bass lines, improvising techniques, Blues and Boogie-Woogie patterns and how to give your pop tunes that "bluesy" feel.

Whether beginner or trained pianist, you'll be playing the Blues within minutes.

2272.102 M 7:00-10:00pm March 4

## Beginning & Intermediate Guitar (6 Classes)- Note new times

AGE: 12 & over

FEE: \$51 Residents, \$63 Non-residents

LOCATION: Cottage

INSTRUCTOR: Tom Romero



Come to the beginning class to learn to read music, learn chords and how to play on your own. Then advance to the intermediate class to learn the songs you want to learn. This class will also be sort of a discussion group with performance tips to improve your playing.

### Beginning:

2271.101	T	7-8pm	1/14 - 2/18
2271.102	T	7-8pm	2/25 - 4/1

### Intermediate:

2271.103	T	8-9pm	1/14 - 2/18
2271.104	T	8-9pm	2/25 - 4/1

## Need A Great Gift Idea?

*What about a Belmont  
Parks and Recreation  
Gift Certificate to use  
for classes, events or  
sports?*



*For more information, call (650)  
595-7441 or come to the Park and  
Recreation Department Office!*

## Italian Language (9 Classes)

AGE: 16-over

FEE: \$105 Residents, \$120 Non-residents

LOCATION: Foster City Recreation Department, Gull Room, 650 Shell Blvd., 286-3380

INSTRUCTOR: Majid Attisha

This is an organized course which pays careful attention to the systematic building of grammar and vocabulary with emphasis on conversation. It comprises a full introduction to modern Italian with all grammatical essentials of spoken Italian. Each unit consists of grammar, vocabulary, reading pages, exercises in class, homework and a dialogue. Handouts will be given in class. (No class 1/20 and 2/17)

### Beginning:

2294.101	Sat	10:00am-12:00noon	1/11 - 3/15
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**Continuing:** Prerequisite Beginning Italian 1 or good knowledge of reading, writing and basic grammar.

2294.102	M	7:00-9:00pm	1/6 - 3/24
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## Hands-On Beginners Computer Class-Windows/Excel/Word (3 Classes)

AGE: 14-over

FEE: \$73 Residents, \$88 Non-residents

LAB FEE: \$30 payable to instructor at the first class

LOCATION: Barrett Community Center. Room C

INSTRUCTOR: Lynn Heller, E-Z Comp Computer

Need to find the on-off switch? Need a start on computer skills? Need to get over computer fear? This hands-on class at a computer with another student will guarantee your success! We will start by explaining about the on-off switches, then we will introduce you to MICROSOFT WINDOWS 95. We will use MICROSOFT WORD FOR WINDOWS to teach you about word processing. We will introduce a financial spreadsheet program called MICROSOFT EXCEL FOR WINDOWS and with it show you how to set up a budget. No matter what kind of computer you have, this class is for you. Bring your computer questions to class.

2297.102      6:30 -9:30pm      1/27 - 2/10

## Photos with a Difference (2 Classes)

AGE: 14-adult

FEE: \$98 Residents, \$ 117 Non-residents (includes film)

LOCATION: Twin Pines Lodge, Belmont

INSTRUCTOR: Christopher O'Donnell

With the accent on travel, sports, nature and family photography, I expect you'll be pleased with your future camera efforts! By joining this fact filled PHOTO WORKSHOP for BEGINNERS, you have elevated yourself to a photographer, but may not know the simple "tech" stuff to make better pictures, matted and framed on walls, even beyond your own home! My goal is to enthuse you towards better results with any 35mm camera, even to the level of entering your photographic image in the next county fair.....a most rewarding feeling. For more info, phone me at Kaufmann's Camera (650) 574-3429, or I'll see you in February. Bring any 35mm camera, and I'll provide film for a challenging project between the Saturdays. I wish you good shooting!

2253.101      Sat      9:30am - 12:30pm      2/1 & 2/8

## Handmade Jewelry: Trash to Treasures (1 class)

AGE: 18-up

FEE: \$37 Resident, \$43 Non-resident

LAB FEE: \$20 payable to instructor at class to cover additional beads and materials

INSTRUCTOR: Beverly Travlos

LOCATION: Mallard Room, Foster City Recreation Center, 650 Shell Blvd., Foster City

Perfect for a Valentine's Day gift, a gift to yourself or to those special people in your life. Get create and recycle your drawer full of odds-and-ends jewelry. Redesign your misfits into stunning new pieces! Please feel free to bring anything you would like to transform into jewelry. Also bring a flat and round needle-nose pliers.

2320.101      Sat      1-3:45pm      February 1  
2320.102      M      6:30-8:45pm      February 3



## Memory Album - Power Layouts (2 Classes)

AGE: 18-over

FEE: \$31 Residents, \$38.50 Non-residents

LAB FEE: \$50 payable to instructor at class-

Fee includes album and all materials

LOCATION: Twin Pines Lodge #3

INSTRUCTOR: Denise Mason, Creative Memories Consultant

Get ready to make some real progress on those holiday photos! In the first session of this 2-part class you will be able to organize your photos and memorabilia with the new "Power Layouts" technique to actually finish an album. Bring 150 to 200 photos (7 or 8 rolls) and any related memorabilia. We will be separating into themes and events, arranging them in order, then planning how these photos will be laid out on scrapbook pages.

In the second class, you will learn techniques for cropping and mounting photos with marvelous photo-safe adhesives and decorative supplies. We will complete as many pages at the class as time allows.

All supplies will be provided (organizer box, acid-free album, adhesive, photo safe pen and pencil and decorative supplies - package deal at 10% off Retail price). BRING 7-8 ROLLS OF PHOTOS TO THE FIRST CLASS!

2303.301      Th      7-9pm      1/23 & 1/30

Register for these and all classes at Parks & Recreation, 1225 Ralston Ave, Belmont



## **Twin Pines Senior and Community Center** **1223 Ralston Avenue, Belmont (650)595-7444**



This section of our brochure lists programs and activities designed for adults aged 55 and over. The Twin Pines Senior and Community Center, located in beautifully wooded Twin Pines Park provides a variety of programs and services to the Community. There is no membership fee and all are welcome.

Join us! If there are additional events you would like to see offered, we would love to hear from you! We want to see you INVOLVED and HAVING FUN! Please call the program director with your ideas, 595-7444.

### **Center Staff**

Cheri Handley, Recreation Supervisor  
Pietie Vreman, Recreation Coordinator  
Annie Troyan, Recreation Coordinator  
Joan Provence, Information & Referral  
Joe Matkovich & Charles Freeman, Transportation  
Hellen Tourtillott, Nutrition

### **Senior Citizens Advisory Committee**

Don Wilson	Cheri Handley
Jeannette Agresti	Frank Black
Dave Bauer	Rich Bortoli
Mike Kenny	Roy Mills
Lu Krueger	

## **Twin Pines Senior & Community Center**

### **OUR MISSION**

To provide an inviting environment for senior citizens,  
enhance the quality of their lives, and serve as an integral  
part of the Belmont Community.



### **Senior Tales Newsletter**

The Twin Pines Senior and Community Center publishes a monthly Senior Tales Newsletter which lists the most up to date information on what's happening at our center. Pick up a copy of the Senior Tales, you are sure to find something fun to do, that appeals to you!



## Awareness through Movement (7 classes)

AGE: Adult

FEE: \$66 Resident, \$71 Non-resident

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Beth Sidlow

This workshop is specifically oriented toward helping to improve balance, flexibility, strength and sense of well being. These movements are gentle and pleasurable, done seated. Please bring a mat, and towel; wear loose clothing. (No class 1/20, 2/17)

5503.101	M	1-2pm	1/6 - 3/3
5503.102	M	1-2pm	3/24 - 5/5

## Creative Arts (4 Classes)

AGE: Adult

FEE: \$72 Residents, \$87 Non-residents

LAB FEE: \$25 paid to instructor first class, covers all materials used.

LOCATION: Twin Pines Senior Center

INSTRUCTOR: Jackson Robertson

A thoughtful piece of art will always hold much value as a gift or in your own home. Paint and create in different styles while reflecting and discussing the history of art. Enjoy hand and mind stimulation while making art projects...and friends. Activities will include: watercolor, acrylic and oil painting, painting pots and planting flowers as well as other creative gift giving ideas.

5560.101	W	12:30 - 2:00pm	1/8 - 1/29
5560.102	W	12:30 - 2:00pm	2/5 - 2/26
5560.103	W	12:30 - 2:00pm	3/5 - 3/26
5560.104	W	12:30 - 2:00pm	4/2 - 4/23

## Newcomers Coffee

A Newcomers coffee will be held on Wednesday, January 8th at 10:00am. Information on the services, classes, clubs and special events offered at the Twin Pines Senior and Community Center will be available. Call (650) 595-7444 for reservations.

**FREE**

## Living Trust & Other Estate Planning (1 Class)

AGE: Adult

FEE: Free

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Thomas Johnson

A local attorney explains how to use a living trust to avoid probate fees, federal estate taxes and conservatorship, and how to use it in conjunction with Durable Power of Attorney documents to plan for "legal incapacity". Keep decisions regarding your health and finances in the hands of people you trust and out of the court's jurisdiction. Attend any one session.

5575.101	T	10:30 - noon	1/28
5575.102	T	10:30 - noon	3/25

## Food Safety

What you should know!

**Tuesday, March 25th - FREE**

**12noon - 1:00pm**

Food Safety affects us all. Whether dining at home or in a restaurant, proper food safety can prevent foodborne illness. This informative workshop will include an interesting video and discussion regarding safe food practices. Jennifer Stimson, Nutritionist for San Mateo County will be providing this workshop. Phone 595-7444 to register.

## Senior Library Day

**April 9, 2003**

We have a special morning planned for Seniors. On Wednesday, April 9th, the Library will be open from 8:30-10:00am for Seniors only. This special morning begins at 8:30 am with coffee and refreshments. Next, you will have the opportunity to learn about library technology, and get a library card. You will also get special help using the library to check out videos, books on tape and many more wonders waiting for you at the Library.

## New Year's Potluck

### Friday, January 10th, 2003

Join us as we ring in the new year at a New Year's potluck luncheon on Friday, January 10th at 11:30am. Start 2003 with a delightful afternoon filled with delicious food, companionship and entertainment. Phone 595-7444 for more information.

## Meet and Swap

### Friday, February 28th, 2003

Does the house feel a little cluttered? Perhaps there's an item you haven't used for years. We will be having a Meet and Swap on Friday, February 28th at 10:00am. You may bring ONE item to sell, or come see if there's an item you would be interested in purchasing or trading. This is a great opportunity to come down and meet others in the community. **FREE**. Refreshments. Please call 595-7444 for more information.

## Create a Craft

This is for anyone who wants to have **FUN** creating crafts. We will make simple projects that YOU can do - Really! - no art experience necessary. Just bring your sense of humor and a desire to create simple crafts! Please phone (650) 595-7444 to place your name on the Create a Craft interest list.



## Winter Tea

### Wednesday, January 29th, 2003

How does some hot tea, finger foods, and camaraderie sound on a winter afternoon? We will be hosting a potluck Winter Tea on Wednesday, January 29th at 2:00pm. We will provide the tea and ambiance, you bring a finger food and a friendly smile. You are welcome to share the recipes of your favorite food. Come share a 'spot of tea' and friendly conversation. Please bring your favorite tea cup as well. To participate, please call (650) 595-7444.

## Karaoke Day

**Tuesday, January 28th**

Do your toes start tapping when you hear a favorite song? Does the music make you want to sing along? Come to our Karaoke Day on Tuesday, January 28th at noon. Our host, Paul Gallegos, will play your favorite tunes for your singing and listening pleasure. **FREE**. Phone 595-7444 to register.

## Mature Living Options in Real Estate

**Tuesday, February 25th - 10-11:00am**

The real estate workshop for mature living will consist of information and questions and answers about what mature adults want to know about how to buy, sell, transfer, exchange, and finance residential or income property. Dana and Christine Louie, Senior Real Estate specialists with Remax Today of San Carlos, will be presenting situations you can relate to. Please phone (650) 595-7444 to register for this **FREE workshop**.

## Musical Moments (10 Classes)

AGE: Adult

FEE: \$10 payable to instructor at first class

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Tina Baird

This class will explore how music relates to the world and how music relates to itself in historical perspective. Investigate the world of music with musician Tina Baird. A variety of medias will be used to explore different types of music. This class is offered in cooperation with Sequoia Adult Education. Registration fee is paid at the first class. No class 4/16)

5525.101	W	10:00-11:00am	1/8 - 3/12
5525.102	W	10:00-11:00am	3/19 - 5/28



## Beginning Piano (10 Classes)

AGE: Adult

FEE: \$68 Residents, \$83 Non-residents

LAB FEE: \$15 payable at time of registration (separate check)

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Marilyn Schwarz

Learn easy beginning steps to play the piano for your own enjoyment. "Beginning Piano" will include learning the keyboard, reading music and basic theory.

(No Class 2/17)

5521.101	M	2:45-3:45pm	1/27 - 4/7
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## Advanced Beginning Piano (10 Classes)

AGE: Adult

FEE: \$68 Residents, \$83 Non-residents

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Marilyn Schwarz

Advanced beginners must have the knowledge of music notation, major scales, and chords. This class will work on minor modes and chords. The book used is Alfred's Basic Adult Piano Course Level 2. (No Class 2/17)

5521.103	M	4:00-5:00pm	1/27 - 4/7
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## Beginning Line Dancing (10 Classes)

AGE: Adult

FEE: \$30

LOCATION: San Carlos Senior Center

INSTRUCTOR: Karin Ziegler

Not just Country Western anymore! A class for the absolute beginner. Learn all the basic steps that will get you moving on the dance floor. Great exercise! Meet new people and learn at a relaxed pace to a variety of different types of music. New dance taught each week, plus a review of previous dances. No partner required.

5509.101	W	2:30-3:30pm	1/15 - 3/19
5509.102	W	2:30-3:30pm	4/2 - 6/4

## Beginning Bridge (10 Classes)

AGE: Adult

FEE: \$40 Residents, \$50 Non-residents

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Lily Hawk

No experience necessary, just an interest in learning to play bridge. You will be provided with written instructions and hand outs at each class. Explanations will be presented in basic conventions.

5544.101	W	1-3:00pm	1/22 - 3/26
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## Bridge-Supervised Play (10 Classes)

AGE: Adult

FEE: \$30 Residents, \$37 Non-residents

LOCATION: Twin Pines Senior & Comm. Center

INSTRUCTOR: Lily Hawk

This class is a continuation of beginning bridge, or for those with a little experience in playing bridge. Participants will play an active game of bridge. The instructor will provide you with helpful ways to improve your games by offering advice while you play.

5544.102	W	3-5:00pm	1/22 - 3/26
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Register for the above classes at the Belmont Park & Recreation Department

## Get Fit After 50 (Lite Aerobics) (11 Classes, T or F, 22 Classes T & F)

AGE: Adult - **NOTE** New lower price!

FEE: (T or F) \$49 Residents, \$59 Non-residents (Com-

combined Class T & F) \$79 Residents, \$ 96 Non-residents

LOCATION: Barrett Community Center, Multi-Use Room

INSTRUCTOR: Cathleen Morehouse, D.C.

(Chiropractor)

This class is designed for men and women of all ages and fitness levels. It combines low-impact exercise steps with popular and country music, to create a vigorous, but gentle workout that will tone and energize your whole body. The warm-up, cardiovascular workout and stretching cool-down makes for a fun and complete exercise program that will strengthen your heart, increase your bone density and make you feel young again! (No class 4/15 and 4/18).

5501.101	T	9:30-10:30am	1/7 - 3/18
5501.102	F	10:00-11:00am	1/10 - 3/21
5501.103	T&F	9:30-10:30am & 10:00-11:00am	1/7 - 3/21
5501.104	T	9:30-10:30am	3/25 - 6/10
5501.105	F	10:00-11:00am	3/28 - 6/13
5501.106	T&F	9:30-10:30am & 10:00-11:00am	3/25 - 6/13

## In Home Fall Prevention and Home Safety Program

brought to you by Twin Pines Senior Center,  
Sequoia Hospital, and Fall Prevention and Home  
Safety Task Force

An exercise physiologist from Sequoia Hospital Health and Wellness, along with a member of Redwood City Fire Department, will come to your home to provide you with a free home fall risk and safety assessment. You will also receive an individual fall risk assessment test, recommendations for strength and balance training exercises, educational materials and community resources. You'll have a phone consultation with a pharmacist to discuss your current medications and fall risk. To learn more about this, or schedule an appointment, call Kristen Gurley, M.S., at Sequoia Hospital (650) 367-5991.

## Senior Strength (5 Classes)

AGE: Adult

FEE: \$35 Residents, \$43 Non-residents

LAB FEE: \$4 (new students only) payable to instructor at 1st class

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Burke Hammond, Bounce Back

Increasing muscular strength will improve your bone density and quality of life. Each class includes standing warm ups, and seated strength exercises using resistance bands. It is appropriate for every fitness level. Come join this fun class! (No class 1/20 or 3/17)

5502.101	M	2:00-3:00pm	1/6 - 2/10
5502.102	M	2:00-3:00pm	2/24 - 3/31
5502.103	M	2:00-3:00pm	4/7 - 5/5



## PACE

People with Arthritis Can Exercise (PACE) is a program designed for those with arthritis. The class will teach people with arthritis how to safely exercise and what is appropriate for their health. Please call Kristen Gurley, Sequoia Health and Wellness Series at 367-5991 for more information.

Register for the above classes at the Belmont Park & Recreation Department



## Porcelain Doll Making (19 Classes)

AGE: Adult

FEE: Free

LAB FEE: Depending upon which doll you choose

LOCATION: Twin Pines Senior/ Community Center

INSTRUCTOR: Carmela Santino

Make your own beautiful porcelain doll, with my help. It's easy to do. Your finished doll could be a wonderful and memorable gift or an heirloom for yourself or a loved one. The dolls vary in size. All materials to complete the doll may be purchased in class.

5547.101 Th 1:00-3:00pm 1/16 - 5/15



## Twin Pines Talks

The Twin Pines Senior & Community Center has an interesting and informative lecture series scheduled. The talks begin at 10:00am and all are welcome to attend. Call (650) 595-7444 to register.

### Estate Planning Seminar

Thursday - **January 9**, 9:30am - 11:30am - **FREE**

A team of professionals will provide an overview of the important legal, tax, and investment issues of estate planning. The talk will focus on strategies for avoiding probate, minimizing estate taxes and maximizing asset transfers to beneficiaries.

### TIES - Teamwork Insuring Elder Support

Thursday - **February 13th**, 10:00-11:00am -

TIES serves as the main entry point for Adult Services within the Health Service Agency. Come learn more about this agency and the wide variety of services open to seniors.

### Identity Theft

Thursday - **March 13th**, 10:00-11:00am

What you can do to avoid this growing fraud.

## Family History (2 Classes)

AGE: Adult

FEE: Free

LAB FEE: 50¢ payable to instructor at first class

LOCATION: Twin Pines Senior/ Community Center

INSTRUCTOR: Irene Gough & Doris Newbery, San Mateo County Genealogy Society

This two part workshop will cover the basics of genealogy. Learn how to study your family history – what information you need and the resources available to you. Class on 1/16 & 4/10 will be held at the Genealogical Society Library in Belmont.

5548.101 Th 10:00am-12:00noon 1/9 - 1/16

5548.102 Th 10:00am-12:00noon 4/3 - 4/10

## Coping with Illness (1 Class)

NEW

AGE: Adult

FEE: FREE

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Pyramid Alternatives-Beth Myers

Are you or someone you know faced with the challenge of coping with an illness? Those with an illness and caregivers helping a loved one through an illness will benefit from this workshop. Discussion will focus on techniques to help manage emotions and frustrations, and provide strategies for self care and avoiding caregiver burnout.

5526.101 F 10:00-11:00am January 24

## Fall Prevention (4 Classes)

NEW

AGE: Adult

FEE: \$20, payable at the 1st class

LOCATION: Twin Pines Senior & Community Center

INSTRUCTOR: Kristin Lauria, MS

Is your fear of falling and loss of balance limiting your everyday activities? Then this class is for you! This program brought to you by Sequoia Hospital Health and Wellness Services, addresses the key risk factors for falls and how to manage these risks. Each class includes exercises designed to help increase balance, strength and coordination to aid in fall prevention. Come prepared to exercise your mind and body. (No class on 2/17). Register by phoning 367-5951.

5504.101 M 9:30-10:30am 1/27 - 2/24

### Computer Programs Beginning Computer Class

This "entry level" class will define basic computer terms and demonstrate what a personal computer can do for you. FREE! Class size is limited, and all beginning computer classes are usually full. Phone (650) 595-7444 to place your name on a waiting list, and you will be notified when a class opening becomes available for you.

### Internet

Seniors may now access the Internet at the Twin Pines Senior and Community Center. Please call (650) 595-7444 for information on Internet instruction and lab hours.



### Computer Volunteers Wanted

Would you like to share your computer knowledge with others? We are looking for volunteers to teach small groups of seniors the basics of computer operations. To volunteer, or for more information on the computer lab hours, please call (650) 595-7444.

### We're making models

Are you a model enthusiast? Or interested in meeting new people and getting creative by putting together car and airplane models? We are forming a new Model Making group for anyone who wants to enjoy this favorite pastime. An organizational meeting will be held on Tuesday, January 28th at 10:00am. Phone 595-7444 for reservations.

### Chess Players Wanted

Do you play chess? Would you like to meet new people and play chess at the Twin Pines Senior & Community Center? We are forming a new chess group, phone (650) 595-7444 to place your name on the chess game schedule.

### Card Players Wanted

Do you play Pinochle or Hearts? Would you like to meet new people and play at the Twin Pines Senior & Community Center? Our Card group meets from 12:00-2:00pm each Wednesday. Reservations are not required. New players are most welcome.

### MAH JONG

Mah Jong is played at Twin Pines on the second and fourth Friday of each month at 1:00. Everyone is welcome. For more information, please call Bev Beck at (650) 595-4654.

### Stamp Collectors

Calling all stamp collectors! We have a Stamp Group that meets on the fourth Monday of each month at 10:00. Come swap information, ideas, and stamps! For more information call (650) 595-7444 or Rich Coleman at (650) 341-7978.

### What's Your Game

Join us for Game Days at the Twin Pines Senior & Community Center. Do you play Scrabble or Dominoes? How about another favorite game? Bring your ideas on Monday, January 27th at noon as we plan for fun and games in 2003! Phone (650) 595-7444 to sign up.

**Register for the above classes at the Twin Pines Senior & Community Center**

## Conversational Chinese

Come chat, and make some new friends! A new Conversational Chinese group has formed at the Twin Pines Senior and Community Center. Mandarin and Cantonese will be spoken at the fun and friendly group meetings. Phone 595-7444 to place your name on our group list.

## Twin Pines French Group C'est La Vie

Do you speak French? We have a Conversational French group for those interested in keeping their ability to speak French fluent and active. Please phone (650) 595-7444 for more information.

## Conversational Spanish

A Conversational Spanish group is available at the Twin Pines Senior & Community Center. This group is for those who speak Spanish and are looking for an opportunity to converse. Join us on Wednesday mornings from 10:30-11:30am.

## Let's Talk Italian

Ciao! Are you from Italy? Do you speak Italian? We're forming a conversational Italian group for any one interested in speaking Italian in a friendly setting. Phone 595-7444 to place your name on the interest list.

## Cultural Sharing

Share your heritage and learn about other cultures in our new Cultural Sharing Workshops. There is so much we can learn from each other. We are looking for those interested in sharing their heritage....the music, food, clothing, language, and history of your culture. If you would like to participate, plan on attending our first meeting on Tuesday, February 25th at 1:00pm. Please phone (650) 595-7444 to reserve your space.

## Twin Pines Park Tour

March 10 or April 7th - 10am

Spring is in the air! Join us as we observe the changing of the season on a nature tour through beautiful Twin Pines Park. Our knowledgeable guide, Joe Zucca will lead these free walks. Call us for reservations at (650) 595-7444.

## Tax Assistance

AARP will once again offer free tax assistance at the Twin Pines Senior & Community Center from noon to 4:00pm each Monday February 3rd to April 14th. The service is free of charge and reservations are suggested. Call (650) 595-7444 for an appointment. Walk-ins will be taken on a space availability basis. No appointments on February 17.

## Together Time Grandparents & Grandchildren

Are you one of the many grandparents who are caring for a grandchild? Do you want to connect with other grandparents and their grandchildren in a social and fun atmosphere? Let's meet on Monday, February 3rd at 10:00am to discuss "Together Time", a new group for preschool age children and their grandparents. FREE. Phone 595-7444 to register.

## 55 Alive Mature Driving

Sponsored by AARP, the Popular 55 Alive Mature Driving Course is returning to Twin Pines. The course is scheduled for January 23rd and 24th, and March 27th and 28th, and May 22nd and 23rd from 8:30am to 12:30pm at the Senior and Community Center. The cost for the course is \$10.00. To reserve a space, call (650) 595-7444. The course is limited to 30 participants per session. Please mail your check to The Twin Pines Senior & Community Center, 1223 Ralston Ave., Belmont, CA 94002, Attn: 55 Alive. Check should be made out to AARP.

## Information & Referral Service

Do you need information about the programs and services available in San Mateo County? Do you need a link to support systems for seniors? The Twin Pines Senior and Community Center now has an Information and Referral Specialist available on Thursdays from 9:00-5:00. For any kind of senior help, phone (650) 595-7444 and ask for Joan Provence.

## Hospitality Committee

Are you newly retired? New to town? Are you familiar with the many services available to you at the Twin Pines Senior and Community Center? Our Hospitality Committee would be glad to talk with you about the classes, clubs, and special events. For more information, please call our Hospitality Committee representative Helen Brink (593-3385). We would like to hear from you!

## Widows & Widowers

This group meets the fourth Wednesday of each month at the Twin Pines Senior and Community Center. Typical meetings feature live entertainment, guest speakers, dinners and socialization. Contact Nancy at 368-6200 for membership information.

## Your Group Can Grow With Us!

Is your book group or card group growing beyond meeting at homes? Are you a group of dancers that needs a space to "kick up your heels"? If so, come grow with us! We would like to hear from groups who are interested in expanding to a larger facility; and growing by opening your activity to the public. Please call Cheri Handley at (650) 595-7444.

## Lunch Program

The Senior Nutrition Lunch Program offers seniors a nutritious, economical and delicious hot lunch. These meals are provided through the cooperation of the Parks and Recreation Department and the San Mateo County Area Agency on Aging. **There is a \$2.00 Suggested Donation for those aged 60 & over. Lunch is served Monday thru Thursday at 11:30am.** For adults under 60 years the suggested donation is \$4.00. For further information, please call the Twin Pines Senior & Community Center at (650)595-7444.



## Transportation

The City of Belmont has a wheelchair accessible van available to bring seniors who reside in Belmont to and from the Twin Pines Senior & Community Center to participate in scheduled activities. The transportation is available Monday through Thursday between the hours of 9:00am and 1:00pm. Transportation may also be available for special events. For more information phone (650) 595-7444.

## Volunteer Opportunities

**If you would like to get involved in your community, think about volunteering at the Twin Pines Senior & Community Center. If you have skills you would like to share, call Annie Troyan at (650) 637-2976 or (650) 595-7444 to get started.**

Register for the above classes at the Twin Pines Senior & Community Center



## Clubs

### American Association of Retired Persons

The Belmont chapter of AARP meets on the 2nd Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. Interesting meetings are planned, including entertainment and guest speakers on topics of interest to the senior population. Information on state and national legislation as it affects seniors is also discussed. AARP was founded in 1958 to help improve the quality of life of not only its members but all older people. Members do not have to be residents of Belmont, but must be members of the National Association of Retired Persons. For more information, call (650)595-7444.

### Belmont Senior Club

All persons 55 years of age and older are invited to join the Belmont Senior Club. Meetings are held the 1st and 3rd Tuesday of each month at 10:00am at the Twin Pines Senior & Community Center. The Club's bi-weekly meetings are an excellent way to socialize and meet new people. The club also offers trips, parties, fund raisers, guest speakers and more. For more information call (650)595-7444.

### Friday BINGO

The Belmont Senior Club hosts afternoon BINGO the 1st and 3rd Friday of each month. BINGO begins at 1:00pm in the Twin Pines Senior & Community Center. Regular BINGO along with a blackout game will be offered. You are welcome to come early and bring a bag lunch.



## Programs Available to You

### At the Twin Pines Senior & Community Center

**CRAFT GROUP** meets on Tuesday afternoons from 12:30-2:30pm in a social atmosphere. Bring your project and join the fun.

**VIDEO EXERCISE** is held every Monday, Wednesday, and Friday morning at 9:45am. All are welcome to exercise to popular fitness videos. No fee.

**MOVIES** are shown every Wednesday at 12:15pm. The movies are free. Check your Senior Tales Newsletter or phone (650)595-7444 for the featured presentation.

**TUESDAY BINGO** is held the 1st, 2nd, 3rd Tuesday of each month at 12:15pm. It is a low key Bingo. All are welcome.

**BRIDGE** is held every Thursday afternoon from 12:45-4:00pm. Reservations are not necessary. Phone (650)595-7444 or (650)591-8712 for information.

**POOL** players are welcome to use our lovely pool table.

**BOOKS** are available in our complimentary loan library.

**SENIOR SING-A-LONG** includes brushing up on your old favorites and learning new songs. Class is held Mondays from 1:30-2:30pm and is conducted by pianist Marilyn Schwarz. New members are welcome. The winter session will begin on January 27th.

## Health Screenings

### Health Insurance Counseling and Advocacy Program (HICAP)

The Health Insurance Counseling and Advocacy Program (HICAP) is designed to assist Seniors with Medicare and supplemental health insurance policies. The counseling services are provided free of charge by volunteers who have completed an extensive training program in the complex areas of Medicare and supplemental health insurance. A HICAP volunteer is available at the Twin Pines Senior and Community Center. For an appointment, call the HICAP office at 1-800-200-0268.

### Need Help? Call TIES

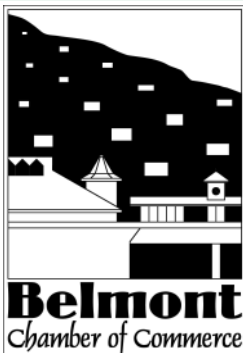
The County of San Mateo offers a variety of Senior services. If you have any questions concerning transportation, home care, support groups, hospitals or any other aspect that impacts the Senior population, you can call the following 24-hour number: 1-800-675-8437. It is called the Teamwork Insuring Elder Support or TIES line.

### Blood Pressure Screening

Free blood pressure screenings are held the third Tuesday of every month from 9:00 am-10:00 am. No appointments are necessary. This service is provided by Sequoia Hospital Health and Wellness Services.

### Shoppers Needed

Center for Independence for Disabled (CID) is looking for volunteers for the Shopping Assistance for Seniors who are Homebound (SASH). If you are able to drive, and have time to help a local homebound Senior obtain groceries, please call CID at (650)595-0783.



# The Belmont Chamber of Commerce

Presents

## THE 2003 WILLIAM CHAPMAN RALSTON AWARD

**Annual Awards Luncheon  
Wednesday, March 19, 2003**

Belmont's William Chapman Ralston Award for outstanding community service will be given at the 23rd Annual Community Luncheon, which will be held on Wednesday, March 19<sup>th</sup> at Ralston Hall on the campus of Notre Dame de Namur University. Below is a nomination form for you to complete and return to the Chamber office by **February 7, 2003.**

The following guidelines will help you in your selection:

1. The recipient must live or work in Belmont. He/she does not have to be a member of the Belmont Chamber of Commerce.
2. Service to the community includes acts of heroism or humanitarianism, or charitable and other outstanding service.
3. Service performed must be voluntary, not paid work.
4. Meritorious service can be within the last year or over many years.
5. Nominations can come from individuals or organizations.

Nominations must be submitted to the Chamber by **February 7, 2003.** The Belmont Chamber Board of Directors will review the applications and the recipient will be chosen by a majority vote of the Directors.

I nominate \_\_\_\_\_ as the recipient of the William Chapman Ralston Award sponsored by the Belmont Chamber of Commerce for the following reasons:

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Submitted by: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Mail to:** Belmont Chamber of Commerce, 1070 Sixth Avenue, Suite 102, Belmont, CA 94002. The deadline for receiving entries is 2/7/03. Please call the Chamber Office at 650-595-8696 for more details, or e-mail [director@belmontchamber.org](mailto:director@belmontchamber.org). Thank you for your nomination.

# Park & Recreation Facilities 35



**Twin Pines Senior & Community Center**



**Twin Pines Park Lodge**



**Barrett Community Center**

The City of Belmont Parks and Recreation Department has five unique facilities available for weddings, parties, banquets, retreats and community meetings. Located in picturesque Twin Pines Park, 1225 Ralston Ave, are the Twin Pines Senior and Community Center, Lodge Recreation building, and the Cottage. Additionally, Twin Pines Park has a group picnic area located at the west end of the park. The area features seating for 100 people, large barbecue, serving tables, children's playground area and water. The City's newest facility is the Belmont Sports Complex and Conference Center located at 550 Island Parkway. This is an ideal facility for training opportunities, seminars, as well as private parties. The Complex has seating for 125 and can accommodate up to 170 people. The final facility that we are pleased to offer for public use is the Barrett Community Center located at 1835 Belburn Drive. The Center is perfect for children's parties, meetings or other social gatherings. Applications must be filed in person at the Belmont Recreation Department. For all facility questions and rental inquiries call Francis Mason at 650-637-2927.



**Twin Pines Park Cottage**



**Conference Center**



## **Belmont Community Mediation Program** 520 South El Camino Real #640, San Mateo, CA 94402 (650) 373-3490; [www.pccweb.org](http://www.pccweb.org)

Are you having problems with a neighbor, landlord, merchant or employer? The volunteers of the community Mediation Program may have an effective solution. Working through a problem with the help of volunteers trained in mediation techniques nearly always has a positive result, solving the problem and improving the relationship. Spanish speaking staff available. FREE

## **Belmont Historical Society/History Room**

Club meets the second Saturday in September, January, March and June from 10am-12noon in the History Room in the Manor Building at Twin Pines Park. Annual membership is \$10. The History Room is open to the public 1:00-4:00pm on the 2nd and 4th Saturdays each month, and weekends during park events. Admittance is free.

## **The Book Nook at the Cottage**

The new, used book store sponsored by the Friends of the Belmont Library, now has a permanent home, downstairs behind the Cottage. The Book Nook will be open to the public the fourth Friday of each month in coordination with the Cottage's luncheons from 12 noon until 4:00pm, on the next day, Saturday, the second Sunday, as well as during our City's Fall & Winter Art Festivals. Varied hardback and paperback books and tapes are on sale with proceeds going to the Belmont Library. [www.friendsofthebelmontlibrary.org/](http://www.friendsofthebelmontlibrary.org/) For details, or to donate books, call (650)593-5650 or (650)591-3261 or (650)591-6329.

**Cottage Auxiliary** The Cottage Auxiliary group not only has dedicated volunteers, but also serves delicious lunches. Enjoy dining in the relaxed atmosphere of one of Belmont's most charming facilities, the Creekside Cottage, located in Twin Pines Park. All proceeds are used for the restoration and maintenance of this richly historical community building. Luncheons are served on the 4th Friday of each month, by reservations only. Reservations made by calling 592-3366.

## **1870 Art Center**

### **1870 Ralston Avenue, (650)595-9679**

1870 Art Center is a complex of professional artists' individual working studios and an established art gallery. They include painters and sculptors in a variety of media; jewelers, photographers potters and weavers.

Exhibits are changed regularly in the central Gallery. The studios are open to interested visitors, student groups, and organized tours. Painting, drawing, and sculpture classes are currently being held. Hours: The complex is open on weekdays and frequently on weekends. The Gallery is open Thursday through Sunday, 1pm to 5pm or by appointment.

## **The Arts Council of San Mateo County**

Located in the Manor House in beautiful, wooded Twin Pines Park, the Arts Council of San Mateo County Galleries host professional exhibits of San Mateo County and Bay Area artists. We also produce exhibitions at the Government Center Gallery in Redwood City. The council also administers an Arts and Education Program. For more information, please call (650)593-1816.

# Notre Dame de Namur University

1500 Ralston Ave, Belmont Ph. (650) 593-1601, fax (650) 508-3660

Enjoy the benefits of a cultural and educational center in your own backyard. Notre dame de namur university (NDNU) offers education opportunities as well as a variety of events to entertain the whole family. For complete information on our academic programs, contact our Admissions Department at 650-508-3607 or visit our website at [www.ndnu.edu](http://www.ndnu.edu).

## **NOTRE DAME THEATRE**

A Christmas Carol - **FREE Admission, request donations of canned food/toy.** **Performances** - Dec. 7, 13, 14@8:00pm; Dec. 12 @7:30pm; Matinees: Dec. 8, 13-15@2:00pm- Theatre.

The Shlepperellas - This acclaimed comedy-musical revue depicts the hectic, frazzled inner lives of two mothers using humor as the key to survival. Enjoy song, dance and improvisation.

**Showtime** - January 25th, 8:00pm This fundraiser is open to the public, sponsored by the School of Science, 508-3771. Theatre.

## **Distinguished Speaker series**

Lectures will be held in Ralston Hall Mansion at 7:30pm. Admission is **FREE**.

January 16 - Steve Ciensinski, Managing Partner, Earlybird LLC - "Flourishing in Tough Times".

March 20 - Cynthia Marshall, SVP, Regulatory Relations, SBC Pacific Bell - "Connection 2003".



**City of Belmont Administrative Offices**

1070 - 6th Avenue, Belmont

Permit Center .....	(650)595-7416
Business Licenses.....	(650)595-7436
City Clerk.....	(650)595-7413
City Manager.....	(650)595-7408
Finance.....	(650)637-7934
Human Resources.....	(650)595-7438
Planning.....	(650)595-7416

**Internet Address** <http://www.belmont.gov/>**E-mail:**

Building & Planning - [comdev@ci.belmont.ca.us](mailto:comdev@ci.belmont.ca.us)  
 City Clerk's Office - [cclerk@ci.belmont.ca.us](mailto:cclerk@ci.belmont.ca.us)  
 City Manager's Office - [cmanager@ci.belmont.ca.us](mailto:cmanager@ci.belmont.ca.us)  
 Finance - [financedept@ci.belmont.ca.us](mailto:financedept@ci.belmont.ca.us)  
 Parks/Recreation Office - [parksrec@ci.belmont.ca.us](mailto:parksrec@ci.belmont.ca.us)  
 Police Dept Administration - [police@ci.belmont.ca.us](mailto:police@ci.belmont.ca.us)  
 Public Works Dept. - [pworks@ci.belmont.ca.us](mailto:pworks@ci.belmont.ca.us)  
 Webkeeper/Technology - [tech@ci.belmont.ca.us](mailto:tech@ci.belmont.ca.us)

**Parks and Recreation**

Administration:	
1225 Ralston Ave.....	(650)595-7441
Barrett Community Center:	
1835 Belburn Dr.....	(650)595-7447
Community Learning Center:	
1835 Belburn Dr.....	(650)595-7448
Playing Field Conditions.....	(650)592-7557
Senior/Community Center.....	(650)595-7444
Tree Permits.....	(650)595-7441

**Police - 1215 Ralston Avenue, Belmont**

Emergency.....	911
Abandoned Vehicle Hotline.....	(650)595-7455
Business Calls Only.....	(650)595-7400

**Public Works**

Engineering Services.....	(650)595-7425
Streets & Sewers.....	(650)595-7427
Emergency Night/Weekend & Holiday Service or after 5:00pm on Weekdays..	(650)595-7400

**Animal Control: Peninsula Humane Society at**

12 Airport Blvd., San Mateo.....(650)340-8200

**Chamber of Commerce**

1070 6th Avenue.....(650)595-8696

**South County Fire Authority - Belmont & San Carlos****600 Elm Street, San Carlos**

Emergency.....	911
Business Only.....	(650)802-4255

**Garbage** - Browning Ferris Industries.....(650)592-2411**Library** - San Mateo County

1110 Alameda, Belmont.....(650)591-8286

The Friends of the Belmont Library -

Joan Peceimer.....(650)593-9514

Book Nook.....[www.friendsofthebelmontlibrary.org/](http://www.friendsofthebelmontlibrary.org/)**Water - Mid-Peninsula Water District**

3 Dairy Lane, Belmont.....(650)591-8941

**Belmont /Redwood Shores School District**

2960 Hallmark Drive, Belmont.....(650)637-4800

**Carlmont High School**

San Carlos Ave. &amp; Alameda de las Pulgas

.....(650)595-0210

**Kollage Community School for the Arts**

P.O. Box 532, Belmont.....(650)592-8842

**Local Organizations**

American Red Cross.....	(650)259-1750
San Mateo Arts Council.....	(650)591-6950
Center for Independence of the Disabled	
.....	(650)595-0783
Peninsula Humane Society.....	(650)340-8200
Sequoia Hospital -	
Community Education.....	(650)367-5995

**Clubs & Organizations**

AAUW - Belmont/San Carlos Branch	
Jean Horstmeyer.....	(650)342-3805
AYSO Soccer - .....	(650)591-KICK(5425)
Babe Ruth - Bo Shabatura.....	(650)592-3158
Belmont Youth Softball Association	
Mike Dutto.....	(650)591-8342 or 631-RUNS(7867)
Belmont 4-H - Kristin Mercer.....	(650)592-4868
Belmont AARP - .....	(650)595-7444
Belmont Community Mediation Program	
.....	(650)571-0367
Belmont Arts Council.....	(650)591-6950
Belmont Garden Club-Lois Perry.....	(650)592-9604
Belmont Historical Society -	
Tom Seivert.....	(650)593-4213
Belmont History Room -	
Charlaine Seivert.....	(650)593-4213
Belmont Joe di Maggio-Ken Ray.....	(650)934-9485
Belmont Melodrama.....	(650)599-2720
Belmont Park Boosters -	
Judy King.....	(650)592-3068
Belmont/San Carlos Mother's Club.....	(650)654-5984
or <a href="mailto:scbmomscub@yahoo.com">scbmomscub@yahoo.com</a> or <a href="http://www.belmont.gov/org/mc">www.belmont.gov/org/mc</a>	
Belmont Seniors Citizens Advisory Committee	
Don Wilson.....	(650)595-7444
Belmont Senior Club - .....	(650)595-7444
Belmont Women's Club -	
Charlaine Seivert.....	(650)593-4213
Boy Scouts & Cub Scouts of America -	
Len Lanzi.....	(650)341-5633
The Cottage Auxiliary -	
Eleanor Koch.....	(650)592-3366
CYSA Soccer.....	(650)637-1884
Little League - email- <a href="mailto:da_hendershott@yahoo.com">da_hendershott@yahoo.com</a> , phone # soon	
League of Women Voters-	
Central San Mateo County.....	(650)342-5853
Peninsula Art Association.....	(650)349-2787
Peninsula Conflict Resolution Center -	
website - <a href="http://www.pcrweb.org">www.pcrweb.org</a> .....	(650)373-3490
San Francisco Girl Scout Council -	
Kelly McGrath.....	(650)591-4520
Belmont Rangers Hockey Club.....	(650)464-0119
San Andreas Youth Soccer Org.....	(650)593-5161
San Mateo Arts Council.....	(650)593-1816
Toastmasters - Celeste.....	(650)570-6971
V.O.I.C.E.S. Teen Commission.....	(650)595-7447
website - <a href="http://www.voicesbelmont.com">www.voicesbelmont.com</a>	

# Registration Information

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## Mail-In Registration Starts NOW!

Mail in registration begins with delivery of the activity guide. Belmont Residents registration will be processed first in the order received. Non-resident registration will be held until **December 20th**, then processed in the order received. Mail completed registration form and check, made payable to:

City of Belmont  
1225 Ralston Ave.  
Belmont, CA 94002-1902  
Attn: Registration

## Walk In

Both residents and non-residents may register in person starting **December 20th**. Walk in registration will continue until classes begin. PLEASE REGISTER EARLY TO AVOID CANCELLATION OR FILLING UP. Register at Twin Pines Park, 1225 Ralston Ave. (1½ blocks west of El Camino). Office hours are Monday through Friday, 8:00am-5:00pm.



## Fax Registration 595-7419

Fax registration will be accepted if you plan to pay by VISA or Mastercard ONLY! Please write clearly! Fax registration will be processed randomly with the next day's mail. Confirmation/receipt WILL be mailed to you.



## Refunds & Credit Vouchers

No refunds or credit vouchers will be issued once a class has begun. Full refunds will be given only for classes canceled or closed by the Recreation Department. A credit voucher/refund will be given if a participant withdraws from a class at least one week before the class begins. There will be a \$5.00 service charge per program. Credits are good for one year from the date of issue. Classes will not be pro-rated for missed sessions.

## Family Registration Form Belmont Parks & Recreation Department

- ⇒ Complete registration information below
- ⇒ Make check or money order payable to: CITY OF BELMONT
- ⇒ MAIL TO: Belmont Parks & Recreation Department  
1225 Ralston Ave., Belmont, CA 94002-1902



## It's Easy! Use your Credit Card!

CARD NUMBER \_\_\_\_\_  
EXP. DATE \_\_\_\_\_ ☐ VISA ☐ MASTERCARD  
SIGNATURE \_\_\_\_\_  
CARDHOLDERS NAME (PRINT) \_\_\_\_\_  
PAID \_\_\_\_\_

I hereby absolve the City of Belmont, its employees and officers from all liability that may arise as the result of my participation in the activities below, and in the event that the below-named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing, absolve the City of Belmont, its employees and officers from such liability. I/We agree to allow use of my/our photograph(s) for program publicity.

Signature \_\_\_\_\_ Date \_\_\_\_\_ ☐ Parent ☐ Guardian ☐ Participant

Payee Information (Person paying for Registration) Home Phone \_\_\_\_\_

Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail Address (optional) \_\_\_\_\_

Participant's Full Name	DOB	Name of Class/Level	Class Code Numbers		Program Fee	
			1st Choice	2nd Choice	Res	Non



Do you have any special needs that require specific accommodations so you can fully enjoy one of our classes or facilities?  
☐ YES, please contact me for more information about my needs.

TOTAL FEES



Beginning our 33rd season of melodrama plays  
and olio singing and dancing

The Belmont Community Players  
*proudly present*

***Rosamund  
or  
"Absinthe Makes the Heart Grow Fonder"***

**2003 Performance Dates**

Preview Night:	Friday, January 31st	8:00 pm
Gala Opening:	Saturday, February 1st	8:00 pm
Performance:	Friday, February 7th	8:00 pm
Performance:	Saturday, February 8th	8:00 pm
Matinee:	Sunday, February 9th	1:00 pm
	(Optional lunch at Noon)	
Performance:	Friday, February 14th	8:00 pm
Closing Night	Saturday, February 15th	8:00 pm

*Kind patrons of the audience are encouraged to CHEER  
for the hero, SIGH for the heroine, and BOO and HISS  
the deeds of the dastardly villain, and otherwise  
APPLAUD, STOMP, WHISTLE, SOB and GASP in  
enthusiastic support. But all, of course, with the  
appropriate decorum as befits ladies and gentlemen!*

Performances held at  
Barrett Community Center  
1835 Belburn Drive  
Belmont, CA

Visit [www.belmontcommunityplayers.org](http://www.belmontcommunityplayers.org)

For Tickets or further information please call: 650-599-2720



**Parks & Recreation - The Benefits are endless!**

**Belmont Parks & Recreation Department**

1225 Ralston Avenue

Belmont, CA 94002-1902

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